EASY ONE-POT MEALS | HOW TO EAT MORE & WEIGH LESS P.23

EatingWell

WHERE GOOD TASTE MEETS GOOD HEALTH

FEBRUARY 2013

47 Fresh & Fast Recipes for a New You

SPECIAL

Comfort Foods Made Healthy

Warming Winter Soups

Creamy Dishes

Easy Chocolate Desserts

Super Snacks

5-Day Slim-Down Meal Plan

HEART-SMART MEALS

SUPER CITRUS DISHES

WIN A $25,000 DREAM KITCHEN

PAGE 87

U.S. $4.99

02

0 14005 14799 8

DISPLAY UNTIL FEB. 26, 2013

Hello there pear.
Got a question for you.
How do I tell when
you're ripe?

And I've got an answer
for you. It's pretty simple
really. Just check my neck.
It's right next to my stem.
If it feels soft then I'm ripe
and ready to eat.

Me, caramelized with
hazelnuts.

You are so wise.
And tasty.

Want more goodness?
Text PEAR to 47170 to
see if you're an instant
winner of a box of pears.

USA Pears

A most interesting fruit.

For recipes go to usapears.org

Standard messaging and data rates may apply. Offer valid while supplies last.
See usapears.org/TextPear.aspx for terms and conditions.

contents

February 2013 Volume XII, Number 1

departments

2 **Recipe Index**

4 **From the Editor**
A New Year and A New You

6 **Contributors**

8 **Feedback**

Good Taste • Health • Life

11 It's Fresh Papaya Time!

12 Super Bowl Snack Picks

14 7 Easy Chocolate Desserts

16 New Reasons to Eat Early

18 3 Questions for the Sugar Warrior

20 Can the Google Diet Work for You?

Healthy in a Hurry

23 **Weeknights**
Eat More, Weigh Less:
Five quick, healthy dinners, plus our 5-Day Slim-Down Meal Plan

37 **Fresh Picks**
Great Grapefruit Recipes

42 **4 Ways**
Use Frozen Peas in New Ways

49 **Makeovers**
Fabulous Fishwiches

Test Kitchen

89 How to make healthier meatloaf

92 A 60-calorie cookie

93 The skinny on cooking spray

94 **Tips & Notes**

Nourish

96 What I Know
By Diane Goodman

features

52 **The Town That Lost 7,961 Pounds**
Could a town once known for its beer, its butter and its bratwurst get its citizens to lose weight, lower their cholesterol and eat better? In an amazing experiment, New Ulm did. Here's how. **By Rachael Moeller Gorman**

62 **The Taste of the Tropics**
The taste of coconut can transport you to a warmer, sunnier place. With these recipes you can enjoy it in all its forms.
By Lisa Gosselin & Karen Ansel, M.S., R.D.
Recipes by Katie Webster

72 **Power Soups**
Simmer up of one of these soul-warming soups, packed with vegetables and nutrients, low in calories and hearty enough to fuel your day. **By Joyce Hendley**

80 **Creamy Winter Comfort**
Chef John Ash shares his secret formula for rich, creamy dishes with a fraction of the calories and saturated fat.
By Melissa Pasanen • Recipes by John Ash

Cover photography: Carin Krasner **Food stylist:** Liesl Maggiore
For more healthy winter citrus recipes, visit eatingwell.com/go/citrus

Lemon Thins
(page 92)

PHOTOGRAPHY BY PETER ARDITO; FOOD STYLIST ROSCOE BETSILL

Recipe Index

47 recipes for satisfying, delicious, low-cal dinners, healthier comfort foods and hearty winter soups.

How We Test Recipes

Each of our recipes is tested in the *Eating Well* Test Kitchen. Our goal is to provide healthy, delicious recipes that really work.

- Recipes are tested on average seven times each.
- Each recipe is tested by multiple testers.
- We test on both gas and electric stoves.
- We use a variety of tools and techniques.
- Testers shop major supermarkets to research availability of ingredients.
- Testers measure active and total time to prepare each recipe.

How We Analyze Recipes

- All recipes are analyzed for nutrition content by a Registered Dietitian.
- We analyze for calories, total fat, saturated (sat) fat, monounsaturated (mono) fat, cholesterol, carbohydrate, added sugars, protein, fiber, sodium and potassium, using The Food Processor® SQL Nutrition Analysis Software from ESHA Research, Salem, OR. (Note: Nutrition information is updated regularly. The current analyses appear with the recipes on *eatingwell.com*.)
- Garnishes and optional ingredients are not included in analyses.
- When a recipe provides 15% or more of the Daily Value (dv) of a nutrient, it is listed as a nutrition bonus. These values are FDA benchmarks for adults eating 2,000 calories a day.
- Recipes highlighted as gluten-free (*see Key, below*) do not include wheat, rye, barley or oats. But it's important to read the labels of processed foods, such as broths and condiments, to make sure they don't contain hidden sources of gluten.

Key to Icons*

Icons identify recipes that are most appropriate for certain eating goals. A recipe marked...

- ¢ **[Budget Entree]** costs less than $3 per serving.
- ⏱ is ready to eat in 45 minutes or less.
- **Gluten-Free** (*see note, above*)
- hkw **[Healthy Weight]** has reduced calories and limited saturated fat.
- hif [High Fiber] provides significant total fiber.
- hwh **[Healthy Heart]** has limited saturated fat.

*For more on our nutritional-analysis process and complete guidelines on how we define each icon, visit *eatingwell.com/go/guidelines*.

How We Price Recipes

- Costs for ingredients come from safeway.com and peapod.com.
- Costs include every ingredient, even staples.
- Costs include only the amount used (e.g., 1 teaspoon capers, not the entire jar).
- Garnishes and optional ingredients are not included in cost.
- Prices are best estimates as of fall 2012.

More Great Recipes

Go to **eatingwell.com/recipes**

PAGE			RECIPE	hkw	hif	hh	Daily Value (DV) CALORIES DV: 2,000	FAT/SAT (g) DV: <65/20	CARBS (g) DV: 300	FIBER (g) DV: 28	SODIUM (mg) DV: <2,400
			DRINKS								
67	⏱		Creamsicle Breakfast Smoothie	•	•	•	189	1 / 0	34	3	173
40	⏱		Ruby-Red Grapefruit Cocktail				121	0 / 0	11	0	4
			STARTERS, SAUCES, SALADS & SIDES								
64	⏱		Baked Coconut Shrimp with Tangelo Salsa		•		203	10 / 7	15	4	329
82			Cream Sauce without the Cream				159	3 / 0	22	1	563
82	⏱		Creamy Wild Mushroom Toast Points	•		•	171	6 / 1	26	2	413
38	⏱		Grapefruit, Hearts of Palm & Shrimp Salad	•	•	•	175	2 / 0	31	6	580
40	⏱		Grapefruit Rounds with Halloumi Cheese				221	16 / 6	14	2	339
84	⏱		Tonnato Dip				172	15 / 2	2	0	258
			SOUPS								
24	⏱		Bean & Barley Soup	•	•	•	323	7 / 2	55	13	767
78		¢	Borscht with Beef	•		•	154	5 / 2	14	3	427
74		¢	Italian Wedding Soup	•	•	•	253	10 / 3	19	6	532
77		¢	Moroccan Lentil Soup	•	•	•	152	1 / 0	28	9	618
75		¢	Mushroom-Beef Noodle Soup	•		•	212	4 / 1	23	4	537
86		¢	Old-Fashioned Winter Vegetable Chowder	•		•	255	12 / 5	25	3	783
76		¢	Southwestern Vegetable & Chicken Soup	•	•	•	199	5 / 1	25	6	638
79		¢	Veggistrone	•	•	•	169	5 / 1	25	6	641
			VEGETARIAN								
44	⏱	¢	Baked Egg Foo Yong		•	•	365	9 / 3	46	16	633
44	⏱	¢	Curried Pea & Potato Croquettes	•	•	•	420	13 / 2	64	9	651
83		¢	Mac & Cheese		•		511	17 / 8	64	6	712
			SEAFOOD								
50	⏱		Crispy Fish Sandwich with Pineapple Slaw	•	•	•	372	9 / 1	42	7	658
25	⏱	¢	Shrimp Fried Rice	•	•	•	307	11 / 2	34	5	462
50	⏱	¢	Tuna Melt	•		•	209	7 / 4	17	3	497
			POULTRY								
28	⏱		Buffalo Chicken Salad	•	•		291	11 / 4	15	5	607
69			Chicken Coconut Curry		•		346	12 / 8	31	5	574
86		¢	Chicken with Red Pepper Cream Sauce	•		•	236	9 / 2	12	2	500
91		¢	Cranberry-Turkey Meatloaf	•		•	206	8 / 2	16	2	216
46	⏱		Creamy Pea & Chicken Stew	•	•		385	16 / 6	18	5	638
91		¢	Hoisin-Ginger Meatloaf	•		•	194	8 / 2	12	2	267
			MEAT								
91		¢	Bacon Cheeseburger Meatloaf	•			225	12 / 5	6	1	370
91		¢	Basic Meatloaf	•		•	205	9 / 3	10	2	328
26	⏱	¢	Quick Pasta Bolognese	•	•	•	414	10 / 3	55	7	522
91		¢	Reuben Meatloaf	•			246	13 / 5	9	2	516
46	⏱	¢	Spaghetti Carbonara with Peas		•		385	10 / 4	53	10	659
46	⏱	¢	Spaghetti Carbonara with Peas for Two		•		386	10 / 4	54	10	659
30	⏱		Spice-Rubbed Steak with Sautéed Wild Mushrooms	•		•	309	13 / 3	16	3	591
			BAKED GOODS & DESSERTS								
68			Banana-Coconut Dairy-Free Ice Cream		•		171	8 / 7	26	4	19
38	⏱		Brown Sugar Broiled Grapefruit	•			138	5 / 3	24	2	8
14	⏱		Chocolate-Dipped Apricots				21	1 / 0	4	1	0
14	⏱		Chocolate-Dipped Clementines				18	1 / 0	3	0	0
14	⏱		Chocolate-Dipped Graham Crackers				31	1 / 1	5	0	17
14	⏱		Chocolate-Dipped Pecans				19	2 / 0	2	0	0
14	⏱		Chocolate-Dipped Pineapple Rings				128	3 / 1	28	1	0
14	⏱		Chocolate-Dipped Pretzels				35	2 / 1	6	1	8
14	⏱		Chocolate-Dipped Strawberries				35	2 / 1	5	1	0
70			Coconut-Carrot Morning Glory Muffins		•		186	8 / 6	28	3	206
67			Coconut-Dark Chocolate Truffles				82	4 / 3	12	3	21
92	⏱		Lemon Thins				60	2 / 1	11	0	46

Good morning
Great morning
Everything's better with a great cup of coffee.
Exceptionally smooth. Perfectly balanced. A harmonious blend of flavor, body, and aroma.
GREEN MOUNTAIN COFFEE
GREEN MOUNTAIN COFFEE® THE BEST-SELLING BRAND FOR THE KEURIG® BREWING SYSTEM.
KEURIG
BREWED
Brew a better day™
© 2012 Green Mountain Coffee Roasters, Inc.

If the citizens of New Ulm can use our revamped comfort food recipes to get slimmer and cut their risk of heart disease, we're sure you can too.

A New Year and **A New You**

Four years ago we received a phone call from a registered dietitian named Jackie Boucher. She was on a mission, she said, to stamp out heart disease in one town in Minnesota. Could we help?

Nice idea, I thought, but how could she ever hope to do this? The town, New Ulm, MN, is home to a butter plant (which once exploded and literally sent butter flowing down the streets) and, for the past 50 years, the world's largest Velveeta plant.

We jumped at the chance to help and created a special booklet with nutrition and cooking advice, recipes and a meal plan. The project Boucher was working on, the Heart of New Ulm, is now showing amazing signs of success. On page 52, you can read the story of how the citizens of New Ulm collectively lost nearly 8,000 pounds, learn their strategies for battling heart disease and find out how to get a free download of our "Heart-Healthy Cooking Made Easy."

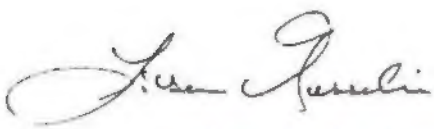
If the citizens of New Ulm can use our recipes and advice to become slimmer, healthier and cut their risk of heart disease, we're sure you can, too, using our revamped comfort food recipes.

Try the quick "Eat More, Weigh Less" dinner recipes and the 5-day meal plan in our *Weeknights* section and we promise you will drop weight not only effortlessly, but deliciously. The "Power Soups" Joyce Hendley created (*page 72*) may have been her secret weight-loss weapon, but as low-cal and high-nutrient as they are, one taste and you will never call them "diet" foods. There's even a recipe for a "skinny cookie"—a 60-calorie Lemon Thin (*page 92*)—and healthier makeovers of our favorite fish sandwiches (*page 51*).

You may notice a few things we've made over in this issue too. Thanks to our new creative director, James Van Fleteren, all recipes now start and end on the same page (you asked for it!) and we have new icons that show how long a recipe will take—start to finish.

As always, we'd love to hear from you: tell us about the changes you are making to be healthier and what we can do to help.

Santé!



Lisa Gosselin, Editorial Director
editor@eatingwell.com

The Checklist

- ✓ **WIN $25,000!** Enter our Kitchen Makeover Sweepstakes for the chance to win $25,000 at *eatingwell.com/winkitchen* (see page 87 for details).
- ✓ **Get a Free Slow-Cooker Cookbook:** Get a free, customized mini cookbook of slow-cooker recipes to match your cooking style at *eatingwell.com/go/slowcooker*

- ✓ **Try Our 5-Day Diet Meal Plan:** Lose weight with our 5-day diet meal plan, recipes and shopping list at *eatingwell.com/go/mealplan*

- ✓ **Win a New Pot:** Win this soup pot, a $100 value, on January 6, plus other great Daily Sweepstakes cooking prizes! Enter at *eatingwell.com/go/winpot* (see page 94 for details).
- ✓ **Eat for a Healthier Heart:** Improve your cholesterol and shed pounds with our 36-page booklet of heart-healthy menus, recipes & tips at *eatingwell.com/go/newulm*

KEN BURNS/ED CONLEY/LENOX CORPORATION; LENOX.COM/MANHORAN.

© 2013 Daisy Brand

1/3 fewer calories, 1/2 the fat, same great taste

RECIPES ARE SIMPLY BETTER WITH A DOLLOP OF DAISY

Discover our Veggie Quesadillas at DaisyBrand.com/quesadillas

Our Contributors

Joyce Hendley
Soup Lady

Contributing editor Joyce Hendley not only knows good food, she knows how to make it healthy. An author of the award-winning cookbooks *The EatingWell Diet* and *The EatingWell Diabetes Cookbook*, she's also an avid cook. Her story in this issue ("Power Soups," page 72) is particularly dear to her heart because it's based on her own blooming soup business—a venture born out of her love for cooking healthy soups, her own secret weapons for staying slim.

Sara Rubinstein
Photographer

"Show us what healthy looks like" is the challenge *EatingWell* gave Sara Rubinstein. The Minnesota-based photographer invited townspeople of New Ulm, "The Town That Lost 7,961 Pounds," to one of their favorite spots, Turner Hall, once known for its heavy, German food. On that day, her subjects all ate salads. And what does healthy look like? Turn to page 52 to see.

Rachael Moeller Gorman
Science Writer

When this award-winning journalist and long-time *EatingWell* contributing editor went to New Ulm, MN, to find out how "The Town That Lost 7,961 Pounds" managed to drastically reduce heart attacks, she had a good basis for comparison. In 2006, Gorman wrote "Miracle Up North" for *EatingWell* about how Finland used a similar initiative to successfully slash that nation's rate of heart disease.

WHERE GOOD TASTE **EatingWell** MEETS GOOD HEALTH

Editorial Director LISA GOSSELIN

Creative Director JAMES VAN FLETEREN
Deputy Editor/Food JESSIE PRICE
Digital Editor/News MICHELLE EDELBAUM
Managing Editor WENDY S. RUOPP

FOOD
Test Kitchen Manager STACY FRASER
Associate Editor HILARY MEYER
Associate Editor MATTHEW THOMPSON
Recipe Developers & Testers CAROLYN CASNER, PATTI COOK

NUTRITION
Nutrition Editor BRIERLEY WRIGHT, M.S., R.D.
Associate Editor/Nutrition KERRI-ANN JENNINGS, M.S., R.D.
Nutrition Consultant JILL CERRETA, M.S., R.D.

ART & PRODUCTION
Manager of Production & Custom Publishing JENNIFER B. BROWN
Assistant Managing Editor ALESIA R. DEPOT
Research Editor ANNE BLISS
Designer AMANDA COYLE
Advertising Operations Manager AMBER LEMBERG
Production Manager PATRICK McGOWAN
Advertising Production Supervisor STEPHANIE SPITZ
Quality Technical Director DAVID WOLVEK

CONTRIBUTORS
Bruce Aidells, Nancy Baggett, Marialisa Calta, Rachael Moeller Gorman, Joyce Hendley, Ben Hewitt, Rowan Jacobsen, Gretel H. Schueller, Carolyn Malcolm, Marie Simmons

NUTRITION & HEALTH ADVISORY BOARD
PHILIP ADES, M.D.
Director, Cardiac Rehabilitation and Preventive Cardiology, University of Vermont College of Medicine
RACHEL K. JOHNSON, PH.D., M.P.H., R.D.
Bickford Green & Gold Professor, Nutrition & Food Sciences, University of Vermont
DAVID L. KATZ, M.D., M.P.H., F.A.C.P.M., F.A.C.P.
Director, Yale University Prevention Research Center
ALICE H. LICHTENSTEIN, D.Sc.
Senior Scientist, Director of the Cardiovascular Nutrition Laboratory, Jean Mayer USDA Human Nutrition Research Center on Aging, Tufts University
RICHARD MATTES, PH.D., M.P.H., R.D.
Professor of Foods and Nutrition, Purdue University
MIRIAM E. NELSON, PH.D.
Director, John Hancock Center for Physical Activity and Nutrition, Tufts University
MARION NESTLE, PH.D., M.P.H.
Paulette Goddard Professor of Nutrition, Food Studies and Public Health, New York University
BRIAN WANSINK, PH.D.
John S. Dyson Professor of Marketing, College of Agricultural and Life Sciences, Cornell University

EATINGWELL MEDIA
President, Women's Lifestyle Group THOMAS WITSCHI
Business Director CHRISTY LIGHT
Advertising Business Manager STEPHANIE RABBANI
Vermont Office Manager TERRY LYSOGORSKI

EDITORIAL & DIGITAL OFFICES:
6221 Shelburne Rd., Suite 100, Shelburne, VT 05482
ADVERTISING OFFICES:
805 Third Avenue, 29th Floor, New York, NY 10022
PR REQUESTS:
editor@eatingwell.com; 802-985-4500; fax 802-985-4501
SUBSCRIPTION INFORMATION:
Get quick help: *www.eatingwell.com/cs/faq*
SUBSCRIPTIONS:
P.O. Box 37508, Boone, IA 50037-0508; 800-337-0402

CHRISTINE GUILFOYLE *Group Publisher*
STEPHEN BOHLINGER *Publisher*
TERRI SMITH *Group Associate Publisher, Marketing*

ADVERTISING
KEVIN GILLESPIE *Integrated Advertising Director* 603-305-5106
DIANE DE SPIRLET *East Coast Advertising Sales Director* 802-578-4853
ILYSE LINDER *Northeast/New England Account Manager* 212-455-1056
CHIP WOOD *Midwest/Southwest Account Manager* 312-853-2894
DAEMON FILSON *West Coast Account Manager* 541-292-1450
KAREN BARNHART *Detroit Account Manager* 248-205-2571
CORTNEY MARKERT *Direct Media Account Manager* 212-499-6770
GRACE CHUNG *Direct Media Advertising Director*
KRISTEN PARKER *Advertising Sales Assistant*

MARKETING
KATHARINE ETCHEN *Associate Marketing Director*
ALYSSA PHILLIPS *Design Director*
KIM BERRY *Senior Promotion Manager*

CIRCULATION
TODD BIERLE *Consumer Marketing Director*
DAWN ANGUS *Retail Brand Manager*
CAROLINE BIDDLE MCKENZIE *Direct Retail Sales Manager*

INTERACTIVE & LICENSING
LARRY SOMMERS *GM, Digital Media & Business Development* 802-985-4526

RENÉE LAUBER, M.S. *Licensing, Director of Health & Wellness*
COULSON K. DUERKSEN *Health & Wellness Product Director*
LAURA CARLSMITH *Licensing, Audience Development*
NICCI MICCO, M.S. *Content Director, Custom Publishing & Licensing*
DAVID GRAY *Director of Business Development*
MARY JO REALE *Custom Publishing & Content Licensing*
SOPHIA PICCO *Digital Marketing & Licensing Analyst*
PAULA B. JOSLIN *Senior Content Producer*
PENELOPE WALL *Senior Interactive Producer*
SARAH HOFF *Business Development & Licensing Producer*
ERIN McCORMICK *Managing Producer*
MATT MALENCZAK *Technical Producer*
ERIC SMITH *Technology Director*
JESSE GUERTIN *Technical Project Manager*
REBECCA GRENIER *Software Developer*

MEREDITH NATIONAL MEDIA GROUP
TOM HARTY *President*

EXECUTIVE VICE PRESIDENTS
RICHARD PORTER *President, Media Sales*
JAMES CARR *President, Better Homes and Gardens*
CAREY WITMER *President, Parents Network*
THOMAS WITSCHI *President, Women's Lifestyle*
GAYLE GOODSON BUTLER *Creative Content Leader*
NANCY WEBER *Chief Marketing Officer*
LIZ SCHIMEL *Chief Digital Officer*
MICHAEL BROWNSTEIN *Chief Revenue Officer*
JEANNINE SHAO COLLINS *Chief Innovation Officer*
MIKE RIGGS *General Manager*
DOUG OLSON *Director, Operations & Business Development*

SENIOR VICE PRESIDENTS
CAROLYN BEKKEDAHL *Digital Sales*
JACK GOLDENBERG *Chief Technology Officer*
ANDY WILSON *Audience Development and Commerce*

VICE PRESIDENTS
JANET DONNELLY *Consumer Marketing*
STEPHANIE CONNOLLY *Corporate Marketing*
BRIAN KIGHTLINGER *Corporate Sales*
PATTI FOLLO *Direct Media*
BRITTA WARE *Research Solutions*
PATRICK TAYLOR *Communications*
MARK PETERSON *Newsstand*

meredith

OUR SUBSCRIBER LIST is occasionally made available to carefully selected firms whose products may be of interest to you. If you prefer not to receive information from these companies by mail or by phone, please let us know. Send your request along with your mailing label to Magazine Customer Service, P.O. Box 37508, Boone, IA 50037-0508.

STEPHEN M. LACY *Chairman & Chief Executive Officer*
PAUL KARPOWICZ *President, Meredith Local Media Group*

VICE CHAIRMAN MELL MEREDITH FRAZIER
IN MEMORIAM E.T. MEREDITH III, 1933-2003

PRINTED IN USA

ALLISON CLEARY. COURTESY SARA RUBINSTEIN. COURTESY RACHAEL GORMAN

CALIFORNIA WALNUTS

NATURAL DEFENDERS OF THE HUMAN BODY

Powerful fitness fuel, California Walnuts are a convenient source of energy for hard working bodies.
They're rich in the essential plant-based omega-3 fatty acid ALA. And walnuts are naturally sodium and cholesterol free.
Get the whole story and tasty, nutritious recipes at walnuts.org.

CALIFORNIA Walnuts

WALNUTS.ORG

*Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day, as part of a low saturated fat and low cholesterol diet and not resulting in increased caloric intake, may reduce the risk of coronary heart disease." (FDA) One ounce of walnuts provides 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat including 2.5g of alpha-linolenic acid – the plant-based omega-3 fatty acid and 3.68mmol of antioxidants.

American Heart Association CERTIFIED

OVER 30 DELICIOUS WAYS TO EAT BETTER.

Spicy Black Bean Burgers

Grillers® Recipe Crumbles™

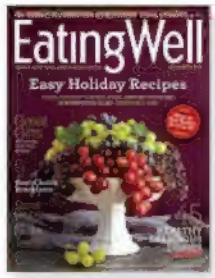
Veggie Sausage Patties

MorningStar Farms

Check out the rest at MorningstarFarms.com

® TM ©2013 Kellogg NA Co.

Feedback



STUDENTS HAIL KALE

I am the principal of a small, rural, public school. For the past 3 years we have been working on a school garden and use what we grow in our lunch program. This year we had a bumper crop of kale. First we made kale chips, then the massaged kale salad in your September/October issue—a big hit! Thank you for a wonderful recipe that further expanded the taste buds of 5- to 11-year-old children. *—Mark L. Taft*

Talking Turkey

Your Sage-Rubbed Roast Turkey recipe [December 2012] calls for cooking turkey to 160°F. The recommended safe temperature is 165°. Listing 160° and resting for 20-30 minutes is a concern for food safety. *—Jude Schmidt*

Editors' reply: The internal temperature of a turkey rises by at least 5 degrees as it rests. In our testing, it frequently exceeded the 5-degree gain as it rested, to go well past the USDA's recommended temperature.

Comfort Classics

Thanks for the Chicken Potpie with Biscuits ["Make-Ahead Magic," September/October]—such classic comfort food, now a wholesome nutritious meal. My heart warms with the goodness of such a delicious meal, and the memories that accompany this Grandmother's-every-thing-from-scratch recipe. *—Scott Robbins*

Best Ever? Shucks...

This is the best magazine ever. I read cookbooks like some people read novels. I am canceling all subscriptions except *EatingWell* and *National Geographic*... love your recipes, the pictures and even the ads you do have are for very high-quality products. *—Tina Marie Tillery*

CORRECTION: *Jennifer Cohen Katz, R.D., of* eatwellmealplans.com, *should have received credit for the tahini recipe and nutrition data in "Serious Sesame" [Good, December 2012].*

EatingWell asked: "If you were president, what food law would you pass?"

- We'd have to eat sundaes on Sundays! Only kidding. *—Lindsey Hanks*
- I would make it illegal to feed fast food to children under 18. *—Irma Ramirez-Andrade*
- Making laws on foods is too much policing and government involvement. Have labels so people can read them and decide for themselves. *—Lisa Engwell*
- Healthier lunches in schools! *—Katie Dreskin*
- I would have a law that enacts cleaner slaughterhouse standards that are more humane to their workers and also the animals, and mandate that meat raised is free range and not solely fed corn and soy laden with antibiotics. *—Angelique Adams*
- No toys in fast-food kids' meals. *—Amanda Avey*

Most popular on Pinterest?

Sweet Potato Pie with Cream Cheese Swirl from our Nov./Dec. story "A Slice of Heaven"

Find us online at these sites:

twitter Find us on Facebook Pinterest

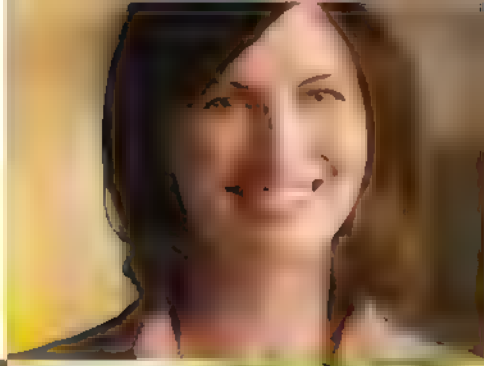
COURTESY MARK L. TAFT; PETER ARDITO

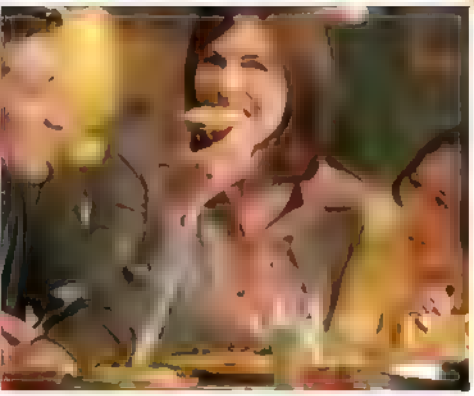
Lose the Fat.
Not the Flavor.

Start the week off right with MorningStar Farms. Going meatless on Monday is a simple way to enjoy a healthier eating routine.

MorningStarFarms.com

Hungry for the best in taste and nutrition?





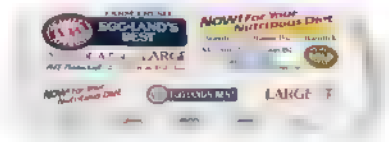
It's so EB

Giving your family the best has never been so easy! Compared to ordinary eggs, EBs provide:

- 25% less saturated fat
- 10 times more vitamin E
- 3 times more vitamin B12
- 2 times more vitamin D
- 2 times more Omega 3
- 38% more lutein
- 175 mg cholesterol (58% DV)

Along with superior nutrition comes superior taste: EBs deliver more of the farm-fresh, delicious flavor everyone loves.

Superior taste, nutrition, quality, variety, and value–only one egg makes it easy. EBs!



Also available in Cage Free and Organic varieties

EGGLAND'S BEST

Better taste. Better nutrition. Better eggs.™

egglandsbest.com

facebook.com/EgglandsBestEggs @EgglandsBest

Fruit of the Angels

At this time of year, when many local fruits and veggies are on winter vacation, tropical fruits are headed our way. Fresh papaya, for instance, has a succulent texture reminiscent of ripe melon and a floral, musky flavor with hints of ginger and apricot—no wonder Columbus is said to have called it "the fruit of the angels." He knew a good thing—today, the U.S. is the world's largest importer of fresh papaya, which makes it hard to imagine how close we came to having none at all. Since the 1950s, the papaya ringspot virus has been ravaging crops around the world. During the 1990s, a particularly virulent strain attacked Hawaii, which produces 17 percent of the papaya consumed in the U.S. So local farmers hit on a controversial solution. Working with researchers from the University of Hawaii and Cornell University, they introduced two genetically engineered varieties. "Rainbow" and "SunUp" proved resistant to the virus, and now account for 80 percent of the state's crop. While some might object to the use of a genetically modified product, it's helped save Hawaii's small farms—many just 3- to 5-acre spreads where harvests are done by hand. If you prefer not to buy a genetically engineered papaya, look for ones from Mexico or Brazil. —*Matt Thompson*

Yes, You Can

We all love fresh, but these canned legumes and veggies are not just cheaper and more convenient, they may also be healthier than you think

Don't turn up your nose at canned produce. "While some vegetables and legumes lose nutrients in the canning process, others actually see their healthy compounds increase," says Gene Lester, Ph.D., a research plant physiologist at the USDA's Food Quality Lab in Beltsville, MD. That's because canning calls for heating, which causes certain raw vegetables, such as corn and tomatoes, to release antioxidants and make them more available. Plus, a recent report in the journal *Nutrition & Food Sciences* found that canned often trumps fresh in price, prep time and food waste. —*Holly Pevzner*

Bisphenol A (BPA), an ingredient that's

protection A still deems cans

free packaging when possible—or use plastic and glass jars

Beans Black, kidney and pinto beans are great ways to add flavor, fiber and protein to soups and casseroles. "Nutritionally, beans do lose folate in the canning process, but the calcium and iron content of canned beans is similar to those you soak and cook at home," says Lester. Since sodium levels spike in canning, Lester suggests simply forgoing adding salt to your dish. The *EatingWell* Test Kitchen recommends rinsing all canned beans, which can remove up to 35 percent of the sodium.

Corn When researchers analyzed the nutrients and prep time of canned corn, they found that it delivers the same amount of dietary fiber as fresh at a 25 percent cost savings. The downside: canned corn does lose vitamin C during canning. "To help counteract that, I like to squeeze fresh lemon juice on my canned corn. It brightens flavor and brings some of the vitamin C back," says Lester. Despite the C loss, extended heating during canning actually boosts corn's antioxidant activity, according to a report in the *Journal of Agriculture and Food Chemistry*.

Pumpkin Don't have an hour to turn a whole pumpkin into pie filling? If not, here's a reason to opt for canned. pumpkin is a rich source of carotenoids, which are made more available through cooking and canning, according to Lester. Also, when pumpkin is concentrated, the canning process pumps up its calcium, iron, magnesium and vitamin K.

Super Bowl Snack Picks

WINNER!

Not every football snack is an all-out calorie blitz. With the right game plan, you can indulge while keeping your tight end.

CHICKEN WINGS
3 = 150 cals.
VS.
BABY BACK RIBS
1 = 170 cals.

Post-Game Analysis: Not only do you get to eat more for a similar number of calories, wings are lower in sat. fat (2 g vs. 4 g). ***Extra Points:*** Skip the blue-cheese sauce for an even skinnier treat.

TORTILLA CHIPS
1 oz. = 140 cals.
VS.
POTATO CHIPS
1 oz. = 150 cals

Post-Game Analysis: Tortilla chips narrowly claim victory with less sodium (80 mg vs. 180 mg). Check nutrition facts, since brands can vary. ***Extra Points:*** Get either contender in the baked variety and save 20-40 calories.

GUACAMOLE
¼ cup = 85 cals
IT'S A TIE!
VS.
BLACK BEAN DIP
¼ cup = 60 cals.

Post-Game Analysis: Both players are good choices: the guacamole has healthy fats and 3 g of fiber; the black bean dip has 2 g of fiber and 4 g of protein, which may help you feel full. ***Extra Points:*** Make it yourself. Nutrition can vary widely by brands, as some add lots of extra salt and full fat sour cream.

MIXED NUTS
1 oz. = 168 cals
VS.
PRETZELS
1 oz. = 110 cal

Post-Game Analysis: Nuts might have more calories (168 vs. 110) and sat. fat (2 g vs. 0 g), but they're also chock-full of healthy fats, vitamins and minerals. ***Extra Points:*** Go for unsalted, dry-roasted nuts.

BEER
16 oz. = 140-160 cals.
VS.
COLA
16 oz. = 142 cals

Post-Game Analysis: Close in calories, beer wins for having no sugar (vs. regular cola's 37 g) and some health benefits in moderate amounts (one drink for women two for men). ***Extra Points:*** Reach for light beer, which will save you at least 45 calories per serving.

OVER 150 YEARS OF EXPERTISE, NOW AVAILABLE IN 59 SECONDS.

The smooth, rich taste and gourmet flavor of Eight O'Clock® Coffee is available in ground, whole bean and now Keurig® K-Cup® packs.

7 Sweet Somethings

Move over, chocolate-d pped strawberries! There are so many other ways to melt hearts this Valentine's Day—or any day. If you are looking for a homemade gift or a special dessert, try dipping your favorite foods in creamy dark chocolate. You can use anything from fresh or dried fruits to nuts or pretzels—and it's as easy as using your microwave to melt chocolate (no double boiler required!). More good news: dark chocolate is full of flavanols, which promote heart health and may also help reduce inflammation. For a gift, let the treats cool, wrap in wax paper and place them in a pretty box.

Clementines with Crystallized Ginger
Pineapple Rings with Toasted Macadamia Nuts
with Dehydrated Fruit
Strawberries with Lime Zest
Pecans with Turbinado Sugar
Pretzel Twists with Cocoa Nibs
Dried Apricots with Pistachios

Dippers
(choose one)
- 12 large strawberries
- 36 dried apricots
- 6 graham crackers, broken into 4 p[illegible]
- 12 dried pineapple rings
- 24 whole-wheat pretzel twists
- 36 clementine sections *(from 4)*
- 48 pecan halves

Toppings
(2 tablespoons each)
- Lime zest
- Chopped nuts (pistachios or macadamia nuts)
- [illegible]ed fruit ([illegible]anas or raspberries)
- Cocoa nibs
- Chopped crystallized ginger
- Turbinado sugar

Melt It

Place about ½ cup bittersweet chocolate chips in a small glass bowl. Microwave on Medium for 1 minute. Stir, then continue microwaving in 20-second intervals until melted, stirring after each interval. Or melt in the top of a double boiler over hot, but not boiling, water.

Dip It

Line a baking sheet with parchment or wax paper. Dip ½ to ⅔ of each dipper into the melted chocolate. Let the excess drip back into the bowl. Place on the prepared baking sheet. Sprinkle the topping on the chocolate. Refrigerate until set, about 30 minutes.

Store It

Refrigerate fresh fruit in an airtight container for up to 1 day. Store pretzels, crackers and dried fruit airtight at room temperature for up to 3 days.

For nutrition information, turn to the recipe index on page 2.

For serious odor control, it's a natural.

New, improved Swheat Scoop® Litter naturally eliminates litter box odors even better. Plus, it clumps faster and firmer than ever for easier cleanups. See for yourself why cat owners are praising this chemical-free, biodegradable litter.

The difference is wheat.™

Available in Original, Multi-Cat and Lightly Scented

www.swheatscoop.com

"Swheat Scoop" is a Reg. TM and "The difference is wheat" is a TM of Pet Care Systems

©2012 PCS All Rights Reserved. Made in the USA.

MANUFACTURER'S COUPON - EXPIRES 12/31/13

SAVE $3.00 on any size EW

Swheat Scoop® Natural Clumping Litter

Available at Petco, PetSmart, Target and fine grocery, neighborhood pet and natural food stores.

0787748-010067

5 87748 00087 0

NO DOUBLING: Coupon void if altered, copied, sold, purchased, transferred, exchanged or where prohibited or restricted by law. CONSUMER: Limit one coupon per specified item purchased. This coupon good only on product size and variety indicated. RETAILER: Pet Care Systems will reimburse you for the face value plus $0.08 handling, if submitted in compliance with Pet Care Systems Coupon Redemption Policy data 5/01 available upon request. Consumer must pay sales tax. Good only in USA. Send coupons to Pet Care Systems, P.O. Box 467266, El Paso, TX 88588-0266. Cash value 1/20¢.

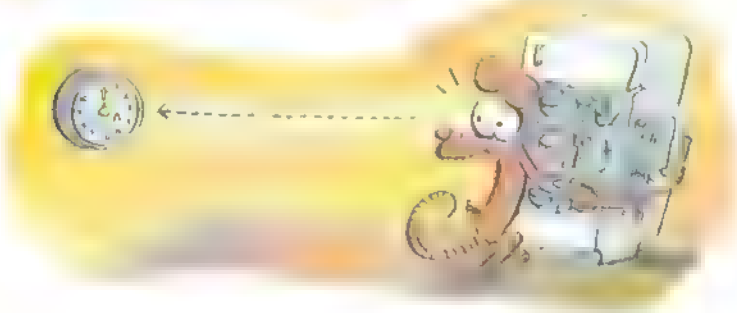
Sticker Talk

Those hard-to-peel stickers on your fresh fruits and veggies may tell you more than you think

Ever wonder what the 4- to 5-digit codes on your produce really mean? According to Dan Vaché of the United Fresh Produce Association: "A 4-digit code means conventionally grown, while a 5-digit one starting with 9 means organic and a 5-digit code starting with 8 means genetically modified." Really? GMO is labeled? "Well," Vaché cautions, "there are almost no genetically modified fresh produce items on the market." ("Fresh" being the key word. Papaya and sweet corn are the only fresh GMO available and at present labeling is voluntary.)

3 Reasons to Eat Dinner Early

You already know it's a money-saver, but new studies may provide three more reasons why the early bird special is a good idea



A Slimmer Waist.

Mice who eat an early dinner and then fast for 16 hours are slimmer than those who eat the same amount of calories, but snack around the clock, according to a study in *Cell Metabolism*. Researchers suspect that the longer lapse between meals allows the body to process the food more efficiently. They noticed that even mice fed a high-fat diet gained less weight when they fasted for 16 hours than those who ate more frequently.

Sweeter Dreams.

According to the National Institutes of Health, late-night meals can cause indigestion that interferes with sleep. The same goes for alcohol. While a nightcap may help you initially fall asleep, imbibing as few as two alcoholic drinks actually robs you of deep sleep and REM sleep, which means you wake up more frequently. Alcohol-related sleep disturbances are worse for women, say researchers at the University of Michigan.

Better Health.

According to Dr. Louis J. Aronne, director of the Weight Control Program at Weill Cornell Medical College-New York Presbyterian Hospital, people who eat late at night tend to eat more. In addition, studies show that late-night noshing increases triglyceride levels, a type of fat found in your blood. When you eat, your body converts any calories it doesn't use right away into triglycerides; and high levels may increase your risk of heart attack and stroke.

Is dark chocolate good for dogs?

While dark chocolate may be heart-healthy for humans, it's the most toxic food a dog can eat. Chocolate contains theobromine, a compound that we can break down but dogs can't, causing them heart problems, seizures and sometimes death. Onions—along with garlic and chives—contain a chemical that breaks down red blood cells in dogs and cats, causing anemia. The toxic effect is the same whether the onion is cooked, raw or even in flakes or powder. Lastly, too many grapes (or raisins) can also be deadly to dogs since grapes can cause kidney failure, though no one knows exactly why. If a dog eats one or two grapes, don't worry. It takes quite a few!

nutritionist at the Dept. of Clinical Sciences at Cornell University College of Veterinary Medicine

SEND US YOUR QUESTION about pet nutrition and a picture of your pet to askthevet@eatingwell.com

COMFORT CENTRAL

W N S E

Plainly, there's something missing from our label.

Plainville FARMS

www.plainvillefarms.com

Chances You'll Keep Your Resolutions?

61%
of U.S. adults have ever made a New Year's resolution
23%
77%
makers are successful for no more than 1 week
1/3
of New Year's resolutions pertain to weight, diet and health
10x

3 Questions for the Sugar Warrior

Robert Lustig, a pediatric endocrinologist at the UCSF Benioff Children's Hospital, famously called sugar a poison in a medical lecture that went viral in 2009. Now he weighs in on the obesity epidemic. His new book *Fat Chance: Beating the Odds Against Sugar, Processed Food, Obesity, and Disease*, explains why it's so hard not to be obese in our society and what we—and the government—need to do about it. *Rachael Moeller Gorman*

[illegible] government do something such as put a cap on soda sizes, as New York City has done?

"Will [NYC Mayor Michael] Bloomberg's Big Gulp ban solve obesity? Of course not. But am I for it? Absolutely, because it's the first rational municipal step towards reducing consumption. Subsidize the right stuff and tax the wrong stuff—a carrot and stick approach. People [who eschew government intervention] think they're fighting for their freedom. The freedom is already gone.

You write that the obesity epidemic arose from food becoming an addictive substance and a commodity. Why has this happened?

"Sugar is weakly addictive and has hijacked our biochemistry. 80 percent of American supermarket foods are now laced with added sugar. As [processed food manufacturers] took fat out and put sugar in, we bought more. Also, the way you make food storable—and cheaper—is to get rid of the fiber. Ultimately this is a fight between your wallet and your health."

[illegible] people who want to lose weight?

"A calorie is not a calorie. Low-sugar, high-fiber foods cause lower blood sugar peaks, less insulin release and less weight gain. That's called real food. The other way to manage weight is to burn glucose so you don't need insulin. That's called exercise."

Send your nutrition questions to Nutrition Editor Brierley Wright, M.S., R.D., at [illegible]

Ask Brierley

Q. Are there still trans fats hidden in our food?

First, some good news: manufacturers have significantly reduced the amount of trans fats in packaged foods. Even better, according to a 2012 Centers for Disease Control study of white American adults, blood levels of trans fats dropped by a whopping 58 percent between 2000 and 2009. "This decline shows substantial progress that should help lower the risk of cardiovascular disease in adults," says Christopher Portier, Ph.D., director of the CDC's National Center for Environmental Health.

Why? Trans fats raise your "bad" LDL cholesterol, possibly even more than saturated fats do. Trans fat also lowers your "good" HDL cholesterol. The American Heart Association recommends limiting the amount of trans fat to less than 1 percent of your total daily calories. If you eat 2,000 calories a day, that translates to about 2 (or fewer) grams.

Bottom Line: Trans fats may still be lurking in packaged snacks, crackers, bakery goods and some margarines. (Trans fats are also found naturally—albeit in small amounts—in beef, pork, lamb and butterfat.) A package can claim a food has "zero trans fat." If the amount per serving is less than 0.5 g. To make sure a product is trans-fat-free, check the ingredient list: if "hydrogenated oil" or "partially hydrogenated oil" are listed, the product contains trans fat.

Get Real Immune Support

Get Airborne!
Packed with 14 vitamins, minerals and herbs.
For free samples go to AirborneSample.com

Also available in Hot Soothing Mix and Plus Energy Mix.

* THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

© 2013 Schiff Nutrition Group, Inc.

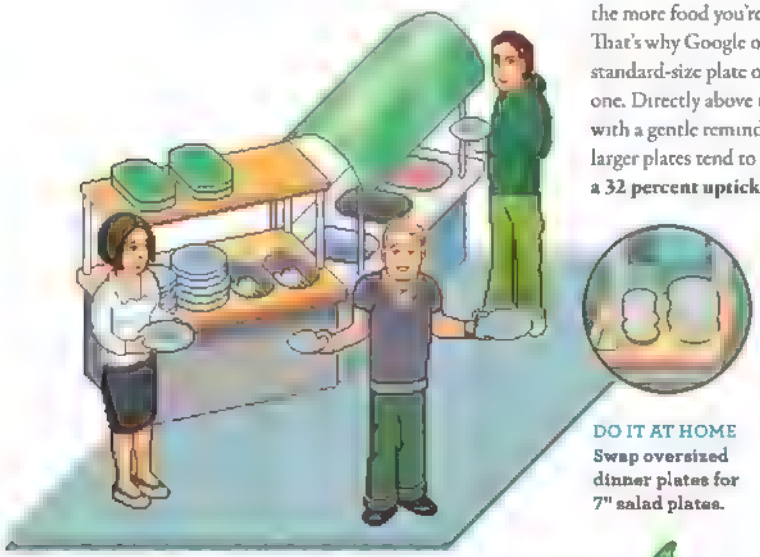
706-B1

The Google Diet: Can It Work

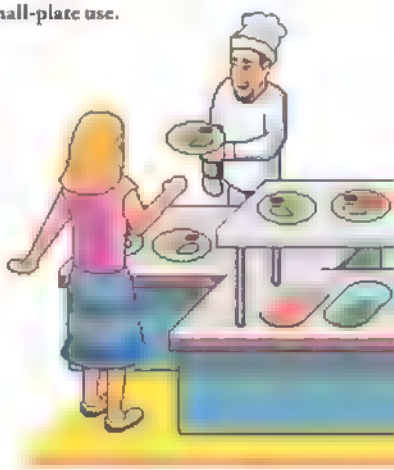
Google is on a mission and it has nothing to do with searching the Web or social networking. This tech giant is dedicated to helping its employees make better food choices. Not surprisingly, its philosophy is based on the latest behavioral research that finds that if you gently steer people toward healthy eats, they'll naturally choose them. And Google has measured the results. "Removing all bad foods and only offering healthy foods may sound like a good idea but it only alienates employees, causing backlash," says David Just, PhD, an associate professor of behavioral economics at Cornell University. "You'll have much more success if you subtly nudge them in the right direction instead." **Illustrations by Sergey Kostik**

2. Downsize your plate

Research shows the bigger your dish, the more food you're likely to pile on it. That's why Google offers an option of a standard-size plate or a slightly smaller one. Directly above the plates hangs a sign with a gentle reminder that people who use larger plates tend to eat more. **The result: a 32 percent uptick in small-plate use.**

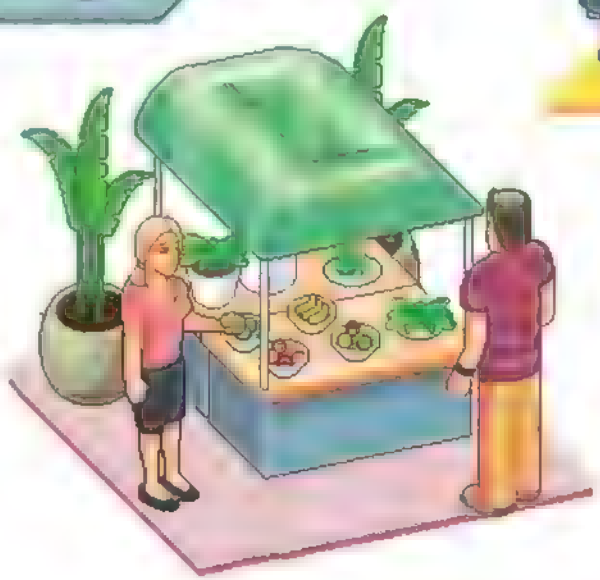


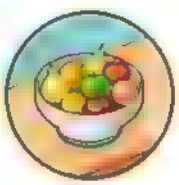
DO IT AT HOME
Swap oversized dinner plates for 7" salad plates.



1. Focus on produce

Walk into any Google café and the very first thing you'll see is the salad bar. Not only that, an inviting fruit bowl is strategically located in the middle of the center island. "Visibility is extremely important," says Just. "Whatever you see first is what you're likely to start thinking about." **In one short month, the number of Googlers munching on fresh fruit climbed by two-thirds.**





DO IT AT HOME.
Fill the center shelf of your fridge with loads of freshly cut veggies or leave a stocked fruit bowl out on your counter.

LEMONADE ILLUSTRATION AGENCY

for You?

Google experimented with these 5 tricks and found, yes, you can lead people to healthier choices. —*Karen Ansel, M.S., R.D.*

3. Stick with portions

While buffet-style is still the norm, Google is test-driving pre-plated meals that spell out the exact number of calories in each dish. This move should have big benefits for waist-conscious workers. In a *Diabetes, Obesity and Metabolism* study, researchers at the University of Illinois found that overweight **men who ate a pre-packaged low-calorie entree for lunch and dinner lost 45% more weight** than a group who were instructed to eat the same amount of calories, but prepared all of their own foods.

DO IT AT HOME
Prepare a stash of healthy, pre-portioned, ready-to-go meals to have on hand for instant portion control.

Stash snacks like chips, cookies or cereal in a cabinet. People who do this tend to weigh 15 to 20 pounds less than people who store snacks on their kitchen counters, says Just.

DO IT AT HOME:
Not a fan of plain water? Keep a pitcher of water with a slice of lemon in your fridge.

4. Limit liquid calories

Sure, soda and juice are still in café refrigerator cases, but if Googlers want them they'll have to step off the food line to get them. But, they're unlikely to bother. Long before workers ever reach for a sweetened drink they'll find vats of filtered water conveniently positioned on café countertops right alongside the food. Simply placing bottled water on an eye-level shelf in the fridge and **bumping soda to a lower shelf boosted H_2O intake by 47 percent.**

5. Hide the sweets

At Google, sweets aren't taboo but they are harder to find in the cafeteria. Not a bad move considering one study found people wolf down more than twice as many chocolates when they're right in front of them compared to when they're farthet away (6 feet) and covered. Candy, once housed in clear dispensers at eye level, used to be a serious temptation. Not anymore. Now it's tucked away in opaque containers, on a lowly bottom shelf, an about-face that **cut candy consumption by 9 percent in one week**

Try just one recipe and you'll be smitten!

the smitten kitchen cookbook

by Deb Perelman

Plum Poppy Seed Muffins

Yield: 12 standard muffins

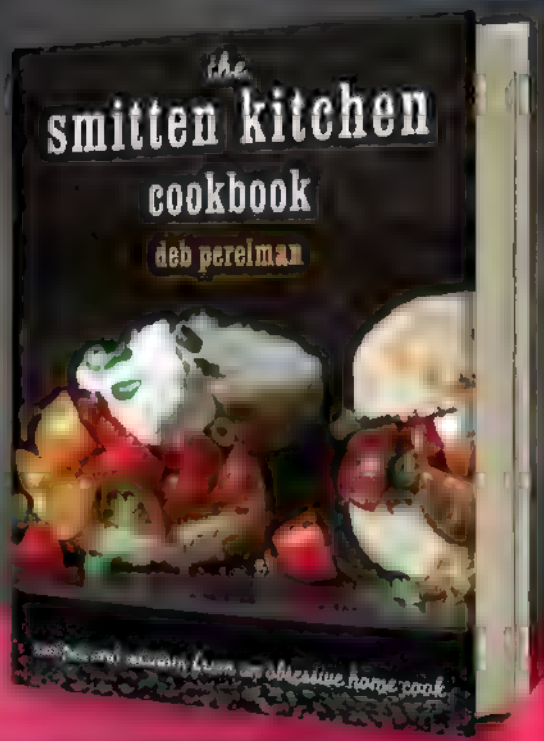
Ingredients

6 tablespoons (3 ounces or 85 grams) unsalted butter, melted and browned and cooled, plus butter for muffin cups
1 large egg, lightly beaten
1/4 cup (50 grams) granulated sugar
1/4 cup (50 grams) packed dark or light brown sugar
3.4 cup (180 grams) sour cream or a rich, full-fat plain yogurt
1/2 cup (60 grams) whole-wheat flour
1 cup (125 grams) all-purpose flour
3/4 teaspoon baking powder
3.4 teaspoon baking soda
1/4 teaspoon table salt
Pinch of ground cinnamon
Pinch of freshly grated nutmeg
2 tablespoons (20 grams) poppy seeds
2 cups pitted and diced plums, from about 3.4 pound (340 grams) Italian prune plums(though any plum variety will do)

Directions. Preheat your oven to 375 degrees. Butter twelve muffin cups.

Whisk the egg with both sugars in the bottom of a large bowl. Stir in the melted butter, then the sour cream. In a separate bowl, mix together the flours, baking powder, baking soda, salt, cinnamon, nutmeg, and poppy seeds, and then stir them into the sour- cream mixture until it is just combined and still a bit lumpy. Fold in the plums.

Divide batter among prepared muffin cups. Bake for 15 to 18 minutes, until the tops are golden and a tester inserted into the center of a muffin comes out clean. Rest muffins in the pan on a cooling rack for 2 minutes, then remove them from the tin to cool them completely.



More than 100 recipes—almost entirely new, plus a few favorites from the site—all gorgeously illustrated with hundreds of her beautiful color photographs.

"GLORIOUS. . . THE BAR FOR COOKBOOKS HAS OFFICIALLY BEEN SET"
—Ree Drummond, author of The Pioneer Woman Cooks

"PURE FOOD PORN, AND THE RECIPES . . . SUBLIME"
—*Entertainment Weekly*

"MOUTHWATERING"
—*Time*, a Best Blog of 2011

SmittenKitchen.com/book

Knopf

weeknights /
Eat More, Weigh Less

fresh picks /
The Accidental Citrus

4 ways /
Pass the Frozen Peas

makeovers
Fabulous Fishwiches

healthy in a hurry

Great ideas for meals in minutes

INSIDE
5-Day Slim-Down Meal Plan
PAGE 32

Buffalo Chicken Salad

Eat More, Weigh Less

Want satisfying, delicious meals that won't pack on the pounds? Try these 5 dinner recipes and our easy slim-down meal plan.

If you're tired of hearing diet advice to eat less, we have news you're going to love. "By picking foods that are naturally lower in calories but larger in volume, you can eat a lot more food without worrying about what it will do to your waistline," says Barbara Rolls, Ph.D., author of *The Ultimate Volumetrics Diet* (William Morrow, 2012). In fact, we tend to choose our food based on volume—not calorie count—and the quantity of food we eat each day stays remarkably consistent even though the number of calories we wolf down can vary. So, "lowering your food's calorie density," as researchers call it, is a smart—and healthy—way to satisfy your appetite and cut calories.

These five quick recipes and research-tested tips let you put this concept into practice. Try the big, hearty Buffalo chicken salad or the robust spice-rubbed flank steak with mushrooms, which you'll swear has more than just 309 calories and 3 grams of saturated fat. (It doesn't!) To help you keep calories in check the rest of the day, turn to our handy 5-day slim-down meal plan (*page 32*). — **Karen Ansel, M.S., R.D.**

Recipes: David Bonom & Marge Perry Meal Plan: Jim Romanoff

ADD LIQUIDS

Broth or water instantly adds bulk to your meal for almost no calories.

Bean & Barley Soup

how hef heh

45

Makes: 4 servings, 2½ cups each
Active time: 30 minutes
Total: 45 minutes
To make ahead: Refrigerate for up to 3 days or freeze for up to 6 months.
Cost per serving: under $4

This hearty soup tastes like it has simmered for hours, but actually it's quite quick to throw together. Plus it freezes beautifully. If you have cooked barley on hand, omit the quick-cooking barley and stir in 1½ cups cooked barley along with the broth in Step 2.

- 4 teaspoons extra-virgin olive oil
- 1 large onion, chopped
- 1 medium fennel bulb, cored and chopped
- 5 cloves garlic, minced
- 1 teaspoon dried basil
- 1 15-ounce can cannellini or other white beans, rinsed
- 1 14-ounce can fire-roasted diced tomatoes
- 6 cups low-sodium vegetable broth
- ¾ cup quick-cooking barley
- 1 5-ounce package baby spinach (6 cups)
- ¼ cup grated Parmesan cheese
- ¼ teaspoon ground pepper

1. Heat oil in a Dutch oven over medium-high heat. Add onion, fennel, garlic, and basil; cook, stirring frequently, until tender and just beginning to brown, 6 to 8 minutes.
2. Mash ½ cup of the beans. Stir the mashed and whole beans, tomatoes, broth and barley into the pot. Bring to a boil over high heat. Reduce heat to medium and simmer, stirring occasionally, until the barley is tender, about 15 minutes. Stir in spinach and cook until wilted, about 1 minute. Remove from the heat and stir in cheese and pepper.

Per serving: 323 calories; 7 g fat (2 g sat, 4 g mono); 4 mg cholesterol; 55 g carbohydrate; 0 g added sugars; 13 g protein; 13 g fiber; 767 mg sodium; 795 mg potassium. **Nutrition bonus:** Vitamin A (98% daily value), Vitamin C (67% dv), Folate (28% dv), Potassium (23% dv), Calcium (20% dv), Iron (18% dv).

Think about it: ½ cup of black beans has about 115 calories, yet, for the same 115 calories you could slurp an *entire* cup of black bean soup. Women who ate low-cal soup twice daily for a year lost 50 percent more weight than women who ate the same number of calories in the form of two energy-dense snacks, according to an *Obesity Research* study. —*K.A.*

Shrimp Fried Rice

h[illegible] h[illegible] h[illegible]

Makes: 4 servings, 2 cups each
Active time: 40 minutes
Total: 40 minutes
Cost per serving: under $3

This shrimp fried rice is packed with vegetables and makes 4 generous servings, so you'll need to use a large skillet that is at least 12 inches wide. A large wok also works well. If you have cooked rice on hand, omit Step 1 and add 2½ cups cooked rice to the pan in Step 5.

- 1½ cups water
- 1 cup instant brown rice
- 2 tablespoons hoisin sauce (*see Tip, page 94*)
- 4 teaspoons reduced-sodium soy sauce
- 2 teaspoons toasted sesame oil
- 4 teaspoons canola oil, divided
- 2 large eggs, lightly beaten
- 8 ounces peeled and deveined raw small shrimp (51-60 per pound; *see Tip, page 94*)
- 2 tablespoons minced fresh ginger
- 4 cups stringless snap peas (12 ounces)
- 1 medium red bell pepper, cut into ½-inch pieces
- 2 medium carrots, halved lengthwise and thinly sliced
- 4 scallions, chopped

1. Combine water and rice in a small saucepan. Bring to a boil over high heat. Cover, reduce heat to medium-low and simmer until the water is absorbed, 10 to 12 minutes. Spread the rice out on a large baking sheet to cool.
2. Combine hoisin sauce, soy sauce and sesame oil in a small bowl; set aside.
3. Heat 1 teaspoon canola oil in a large non-stick skillet over medium-high heat. Add eggs and cook, stirring to help break into smaller pieces until just set, about 45 seconds. Transfer the eggs to a bowl.
4. Add another 1 teaspoon canola oil to the skillet and return to medium-high heat. Add shrimp and cook, stirring occasionally, until pink, 1 to 2 minutes. Transfer the shrimp to the bowl.
5. Heat the remaining 2 teaspoons oil in the skillet over medium-high heat. Add ginger and cook, stirring, until fragrant, about 30 seconds. Stir in snap peas, bell pepper, carrots and scallions; cook, stirring occasionally, until tender-crisp, 3 to 4 minutes. Stir in the rice and the reserved egg and shrimp; cook, stirring, until heated through, about 1 minute. Remove from the heat and gently stir in the sauce mixture.

Per serving: 307 calories; 11 g fat (2 g sat, 5 g mono); 165 mg cholesterol; 34 g carbohydrate; 2 g added sugars; 17 g protein; 5 g fiber; 462 mg sodium; 523 mg potassium
Nutrition bonus: Vitamin C (157% daily value), Vitamin A (147% dv), Folate (33% dv), Magnesium (21% dv), Iron (15% dv), Potassium (15% dv)

JAM IT WITH VEGGIES

Vegetables are loaded with fiber, which automatically lowers the calorie density of your food because your body can't digest it entirely. When South Korean researchers fed women an equal volume of either plain rice or rice with added vegetables, those who feasted on the veggie-filled rice downed 41 percent fewer calories and felt more satisfied afterwards. —*K.A.*

Puree one 16-oz. can black-eyed peas (rinsed) with 2 Tbsp. extra-virgin olive oil, 2 tsp. red-wine vinegar, 1 minced garlic clove, 1 tsp. dried thyme and hot sauce to taste. **Makes 1⅓ cups. Serving size: ¼ cup.**

PUMP IT UP WITH AIR

Quick Pasta Bolognese

h☆w h☆f h☆h

Makes: 4 servings, 1 cup pasta & about 1 cup sauce each
Active time: 30 minutes **Total:** 40 minutes
To make ahead. Refrigerate the sauce (Steps 1 & 3) for up to 3 days or freeze for up to 6 months
Cost per serving: under $2

Who doesn't love pasta with meat sauce? This crowd-pleasing version is a boon for busy cooks—it's ready and on the table in just 40 minutes

- 1 tablespoon extra-virgin olive oil
- 1 medium onion, finely chopped
- 2 medium carrots, finely chopped
- 2 medium stalks celery, finely chopped
- 3 cloves garlic, minced
- 8 ounces whole-wheat rigatoni or penne (about 3 cups)
- 8 ounces lean (93% or leaner) ground beef
- ½ cup dry red wine
- 1 14-ounce can petite diced tomatoes
- 2 tablespoons tomato paste
- ⅛ teaspoon ground nutmeg
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper

1. Heat oil in a large nonstick skillet over medium heat. Add onion, carrots, celery and garlic; cook, stirring occasionally, until just tender, 6 to 8 minutes.
2. Meanwhile, bring a large pot of water to a boil. Add pasta and cook according to package directions. Drain.
3. Add beef to the vegetables and cook, breaking up with a wooden spoon, until cooked through, 3 to 4 minutes. Increase heat to medium-high, add wine and cook until almost evaporated, 1 to 1½ minutes. Stir in tomatoes, tomato paste and nutmeg; reduce heat to medium-low, cover and simmer, stirring occasionally, for 10 minutes. Remove from the heat and stir in salt and pepper. Serve the pasta with the sauce.

Per serving: 414 calories; 10 g fat (3 g sat, [illegible] g mono); 43 mg cholesterol; 55 g carbohydrate; 10 g added sugars; 28 g protein; 7 g fiber; 522 mg sodium; 709 mg potassium
Nutrition bonus: Vitamin A (118% daily value), Vitamin C (39% dv), Zinc (33% dv), Iron (24% dv), Potassium (21% dv), Magnesium (19% dv)

Blend ¼ cup buttermilk, ¼ cup [illegible] 1 Tbsp. lemon juice, 2 Tbsp. grated Parmesan cheese, 2 tsp. reduced [illegible] of pepper until smooth. **Makes 1 cup. Serving size: 1 tablespoon.**

FIBER-RICH wednesday

RESIDUE

BAKED WITH MARGARINE

RESIDON'T

BAKED WITH NEW PAM

NEW

PAM, a leading brand of margarine, leading bargain brand of canola oil cooking spray and vegetable oil cooking spray, when baked at 425° for 30 minutes, cooled and washed in one regular dishwasher cycle.

Seasonal Selections
Creamy Spinach & Parmesan

Vodka Sauce

Spicy Red Pepper

Make any night a Classico night.

With so many unique Classico flavors, you could try a new one every night of the week. Visit classico.com for recipes.

Buffalo Chicken Salad

how hf

Makes: 4 servings, 2¼ cups salad & 3 oz. chicken each
Active time: 35 minutes Total: 35 minutes
Cost per serving: under $3.50

All the flavor of Buffalo wings is packed into this irresistible salad. But unlike wings, you can eat a big serving of this for just 291 calories.

- ½ cup crumbled reduced-fat blue cheese plus ¼ cup, divided
- 6 tablespoons buttermilk
- 4 teaspoons red-wine vinegar, divided
- ¼ teaspoon freshly ground pepper, divided
- 1 pound boneless, skinless chicken breast, cut into ¾-inch pieces
- 2 tablespoons all-purpose flour
- 1 tablespoon extra-virgin olive oil
- 2 tablespoons hot sauce, such as Frank's Red Hot
- 8 cups chopped romaine lettuce
- 3 large carrots, chopped
- 3 large stalks celery, chopped
- 1 large cucumber, peeled, seeded and chopped

1. Combine ⅛ cup blue cheese in a small bowl with buttermilk, 2 teaspoons vinegar and ⅛ teaspoon pepper; mix well, mashing slightly with a fork. Set aside.
2. Place chicken in another bowl; sprinkle with flour and the remaining ¼ teaspoon pepper and toss until coated.
3. Heat oil in a large nonstick skillet over medium-high heat until very hot. Add the chicken and cook, turning occasionally, until just cooked through, 6 to 7 minutes. Stir in hot sauce and the remaining 2 teaspoons vinegar and cook, stirring often, until the chicken is coated, about 1 minute.
4. Combine lettuce, carrots, celery and cucumber in a large bowl; add the reserved dressing and toss to coat. Divide the salad among 4 plates and top each with an equal portion of chicken and 1 tablespoon each of the reserved blue cheese.

Per serving: 291 calories, 11 g fat (4 g sat, 4 g mono), 75 mg cholesterol, 15 g carbohydrate, 0 g added sugars, 32 g protein, 5 g fiber, 607 mg sodium, 832 mg potassium. **Nutrition bonus:** Vitamin A (350% daily value), Folate (44% dv), Vitamin C (25% dv), Potassium (24% dv).

SERVE UP SALAD

Simply adding a serving of salad to your meal can help you eat 11 percent fewer calories, according to a 2012 *Appetite* study. Stick with voluminous, low-calorie fixings like fresh veggies and leafy greens and limit add-ons like nuts, seeds and cheese. If you'll be making your salad into a main meal, add lean protein, such as skinless chicken, grilled shrimp or salmon, tofu or beans, to help you feel satisfied longer. —*K.A.*

Everything an Alfredo should be. Just lighter.

Aged Parmesan cheese. Real cream.
A touch of black pepper. And just 45 calories a serving.
Introducing Light Creamy Alfredo from Classico.

classico.com

YOUR Healthy NEW YEAR
With FOLLOW YOUR HEART.

Start your new year right with great tasting, and heart-healthy products from Follow Your Heart®. Specializing in vegetarian and vegan products, we pride ourselves in using the highest quality ingredients and producing healthier options that everyone can enjoy. It's time to celebrate a healthier you with Follow Your Heart®!

- Heart-Healthy
- Gluten-Free
- Non-GMO
- Organic *Select Flavors
- Vegan *Select Flavors
- Kosher *Select Flavors

Find your favorite recipes on our website.

LIVE Healthy FOLLOW YOUR HEART.

FollowYourHeart.com

Spice-Rubbed Steak with Sautéed Wild Mushrooms

how how

40

Makes: 4 servings, 3 oz. steak & ½ cup mushrooms each
Active time: 40 minutes **Total:** 40 minutes
Cost per serving: under $5.50

Love this steak rub? Make a double, triple or quadruple batch to keep on hand for the next time. Store in a jar in a cool, dry place for up to 6 months. Serve with a quick pan sauce for a restaurant dinner without the fuss. We love the flavor of wild mushrooms in this mix but any type of mushroom will work.

- 2 teaspoons ancho chile powder (see Tip, left)
- 1 teaspoon ground cumin
- 1 teaspoon packed dark brown sugar
- ½ teaspoon salt plus ¼ teaspoon, divided
- ¼ teaspoon freshly ground pepper plus ⅛ teaspoon, divided
- 1 pound flank steak, trimmed
- 5 teaspoons extra-virgin olive oil
- ½ cup chopped shallots
- 5 cloves garlic, minced
- 1 pound assorted wild mushrooms, trimmed and sliced
- ⅓ cup Madeira or dry sherry
- ½ cup low-sodium beef broth
- 2 tablespoons chopped fresh parsley

TRIM THE FAT

"With twice as many calories per bite as carbs or protein, fat calories add up incredibly quickly," says Rolls. So the more fat on your plate, the less food you can eat without racking up the calories. Keep fat in check by choosing lower-fat options of your favorite foods, such as lean cuts of beef, skinless poultry and nonfat dairy, and trim any visible fat off meat before cooking. —*K.A.*

1. Position oven rack 3 to 4 inches below broiler. Preheat broiler to high.
2. Coat a broiler pan with cooking spray. Combine chile powder, cumin, brown sugar, ½ teaspoon salt and ¼ teaspoon pepper in a small bowl. Rub the mixture evenly over both sides of steak and place on the prepared pan; let stand at room temperature for about 15 minutes.
3. Meanwhile, heat oil in a large skillet over medium-high heat. Add shallots and garlic and cook, stirring occasionally, until starting to soften, about 1 minute. Stir in mushrooms and the remaining ¼ teaspoon salt and cook, stirring occasionally, until the mushrooms release their liquid and begin to brown, 8 to 10 minutes. Pour in Madeira (or sherry) and cook, stirring, until absorbed, about 1 minute. Add broth and cook, stirring occasionally, until almost reduced, 2 to 3 minutes. Remove from the heat and stir in parsley and remaining ⅛ teaspoon pepper; cover to keep warm.
4. Broil the steak 4 to 6 minutes per side for medium. Transfer to a clean cutting board and let rest for 5 minutes. Thinly slice the steak against the grain and serve with the mushrooms.

Per serving: 309 calories, 13 g fat (3 g sat, 7 g mono), 71 mg cholesterol, 16 g carbohydrate, 1 g added sugars, 29 g protein, 3 g fiber, 591 mg sodium, 969 mg potassium
Nutrition bonus: Zinc (36% daily value), Potassium (26% dv), Iron (17% dv).

Bob's Red Mill®
To Your Good Health®
Gluten Free Muesli
In the late 1800s, Swiss doctor Maximilian Bircher-Benner invented muesli. He knew that good food is the best medicine, so he created a blend of hearty whole grains, fruit and nuts to nourish his patients. Now we've made muesli even better—just as tasty and nutritious, but without the gluten. Start your journey to wellness with a bowl of Bob's Red Mill Gluten Free Muesli, available at your favorite grocery store.
MUESLI
Bob's Red Mill
www.bobsredmill.com

5-Day Slim-Down Meal Plan

If you want to lose weight, following a meal plan is the simplest way to start. This 1,500-calorie-a-day plan (a level at which most people will lose weight) was designed by *EatingWell*'s Test Kitchen team and registered dietitians, using the 5 *Weeknights* dinners (*pages 24-30*) plus suggestions for rounding out the day. An added bonus: this plan ensures you're getting enough calcium and fiber and it limits sodium and saturated fat. Plus the menus balance variety and convenience—it keeps your grocery list in check (you buy one bag of clementines and eat them all week) and the amount of cooking to a minimum (on Tuesday you make homemade black-eyed pea dip for a snack and then eat the leftovers on other days).

Download the Shopping List for This Meal Plan: eatingwell.com/go/mealplan

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	1 cup spoon-size shredded wheat cereal 167 1 cup skim milk 83 1 cup blueberries 84	6 oz. nonfat plain Greek yogurt 100 1½ cups blueberries 127 1 pear 103	Egg sandwich: Lightly coat pan with cooking spray and fry or scramble 1 large egg; top with 2 oz. low-fat Swiss cheese and 2 tomato slices. Serve on 1 multigrain sandwich thin. 291	1 cup spoon-size shredded wheat cereal 167 1 cup skim milk 83 2 clementines 70	6 oz. nonfat plain Greek yogurt 100 1 cup blueberries 84 1 medium banana 105
	Calories: 334	**Calories: 330**	**Calories: 291**	**Calories: 320**	**Calories: 289**
SNACK	6 oz. nonfat vanilla Greek yogurt 120 1 clementine 35	1 oz. Cheddar cheese 114 1 clementine 35	1 pear 103 1 cup blueberries 84	1 medium banana 105	2 Tbsp. unsalted dry-roasted peanuts 107 2 clementines 70
	Calories: 155	**Calories: 149**	**Calories: 187**	**Calories: 105**	**Calories: 177**
LUNCH	Ranch spread: Mix 6 oz. nonfat plain Greek yogurt with 1 cup each chopped tomatoes and cucumber and 1 Tbsp. chopped onion 149 6 rye crispbreads 143 1 medium banana 105	Tuna sandwich: Mix 5 oz. canned chunk light tuna (drained) with ½ avocado (mashed); spread on 1 multigrain sandwich thin 309	Turkey sandwich: Mix 1 Tbsp. low-fat mayonnaise with 2 finely chopped sun-dried tomatoes; spread on 1 multigrain sandwich thin. Top with 1 oz. deli roast turkey breast, 2 oz. low-fat Swiss cheese and 2 tomato slices. 288 1 medium apple 95	Chef salad: Toss 2 cups mixed salad greens, 6 cherry tomatoes, ½ avocado (diced), 2 oz. deli roast turkey breast, 1 oz. low-fat Swiss cheese with 1 Tbsp. Creamy Garlic Dressing 273 6 oz. nonfat vanilla Greek yogurt 120	Avocado sandwich: Mix 1 Tbsp. low-fat mayonnaise with 2 finely chopped sun-dried tomatoes; spread on 1 multigrain sandwich thin. Top with ½ avocado, 2 oz. low-fat Swiss cheese and 2 tomato slices. 370
	Calories: 397	**Calories: 309**	**Calories: 383**	**Calories: 393**	**Calories: 370**
SNACK	2 Tbsp. unsalted dry-roasted peanuts 107 1 clementine 35	¼ cup Black-Eyed Pea Dip (p. 25) 95 12 baby carrots 42	¼ cup Black-Eyed Pea Dip 95 12 baby carrots 42	1 oz. Cheddar cheese 114 1 pear 103	¼ cup Black-Eyed Pea Dip 95 12 baby carrots 42
	Calories: 142	**Calories: 137**	**Calories: 137**	**Calories: 217**	**Calories: 137**
DINNER	Bean & Barley Soup (p. 24) 323 Side salad: Toss 2 cups mixed salad greens, 6 cherry tomatoes and ½ avocado (diced) with 1 Tbsp. Creamy Garlic Dressing (p. 26) 160	Shrimp Fried Rice (p. 25) 307 Side salad: Toss 1 cup fresh spinach with 1 tsp. sesame oil and 2 Tbsp. unsalted dry-roasted peanuts 188	Quick Pasta Bolognese (p. 26) 414 1 Tbsp. grated Parmesan cheese 22 Side salad: Toss 2 cups spinach, ½ cup sliced mushrooms and ¼ cup diced red onion with 1 Tbsp. Creamy Garlic Dressing 43	Buffalo Chicken Salad (p. 28) 291 Garlic bread: Rub a 2-inch piece of whole-wheat baguette with 1 cut garlic clove and drizzle with 2 tsp. extra-virgin olive oil 204	Spice-Rubbed Steak with Sauteed Wild Mushrooms (p. 30) 309 1 cup wild rice 166 1 cup steamed Brussels sprouts 56
	Calories: 483	**Calories: 495**	**Calories: 479**	**Calories: 495**	**Calories: 531**
DAILY TOTALS	**Calories: 1,511** **Sat. Fat: 5 g** **Fiber: 43 g** **Sodium: 1,382 mg** **Calcium: 1,144 mg**	**Calories: 1,420** **Sat. Fat: 12 g** **Fiber: 38 g** **Sodium: 1,567 mg** **Calcium: 934 mg**	**Calories: 1,477** **Sat. Fat: 11 g** **Fiber: 40 g** **Sodium: 2,265 mg** **Calcium: 1,516 mg**	**Calories: 1,530** **Sat. Fat: 14 g** **Fiber: 31 g** **Sodium: 2,100 mg** **Calcium: 1,286 mg**	**Calories: 1,504** **Sat. Fat: 10 g** **Fiber: 36 g** **Sodium: 1,439 mg** **Calcium: 1,055 mg**

Blue indicates a recipe in this issue. indicates leftovers.

This is not just a bed.

It's the extraordinarily comfortable Sleep Number® experience. A collection of innovations designed around a bed with DualAir™ technology, so you both can adjust each side at the touch of a button to your ideal comfort—your SLEEP NUMBER™ setting. For your best possible sleep, night after night.

The Complete Sleep Experience

You'll Only Find Sleep Number® at a Sleep Number® Store

sleep number.

Visit one of our 400 Sleep Number® stores nationwide.
Call 1.800.831.1211 (ext 77022) | Click sleepnumber.com

A Healthy Way to Lose Weight Fast

New supplement nourishes body and ends dieting cycle

Fad diets come and go. At any given time, one out of three women and one out of four men are on a diet. Unfortunately, two-thirds of dieters regain the weight within one year, and virtually all regain the weight they lost within five years. This is called the yo-yo effect.

Years ago, Hubertus Trouillé, a German holistic therapist, developed an effective formula to end the cycle of weight loss and gain. Using just three nourishing ingredients—high quality fermented soy, probiotic yogurt and enzyme-rich honey—Trouillé created a weight loss supplement that works in a unique manner by treating and improving the body's metabolism. Unlike other supplements that simply suppress appetite, this patented formula increases the body's metabolism, maintains muscle mass and helps the body burn fat more effectively.

Today, this popular German weight loss phenomenon is available in the U.S. It can be used as a quick weight loss regimen or as a meal replacement to maintain healthy weight, and is helpful for maintaining overall good health. Research shows, even used once a day as a meal replacement, Almased® promotes effective weight loss and a healthy blood pressure and insulin level while stimulating the fat-burning metabolism. When used as directed, Almased helps take excess pounds off, and keep them off, ending the yo-yo cycle.

[redacted] Almased and [redacted] for Almased

9 ways Almased works in the body*

1. Nourishes the body with a unique formula of fermented soy, yogurt and honey.
2. Speeds up metabolism and improves energy levels.
3. Burns body fat without reducing muscle mass.
4. Reduces appetite by promoting a healthy ghrelin level, the hormone which regulates hunger.
5. Supports blood sugar and thyroid function.
6. Promotes a healthy leptin level, which is linked to insulin resistance and considered a cause of metabolic disorders, such as diabetes.
7. Promotes a balanced insulin level while stimulating fat reduction and inhibiting storage of fat.
8. Promotes healthy cholesterol and triglyceride levels.
9. Promotes healthy blood pressure

Need help with your diet? Contact Silke at [redacted] or call [redacted] ext. 3.

[redacted] is a metabolism-boosting nutritional supplement that has been proven safe and effective in helping your body burn fat while retaining muscle mass. Just three powerful ingredients – fermented soy, yogurt and honey – work to speed up your metabolism and improve energy levels to take off excess pounds and keep them off. Plus, Almased is gluten-free. Mix with water (bottled or filtered) or milk (skim, low-fat, soy, almond)

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. As always, consult your doctor or health care team before beginning any weight loss program or reducing your dosage of current medications.

For more information about Almased®, call toll free 1 877 ALMASED (1 877 256 2733) or visit www.almased.com

Look for Almased in health food and GNC stores. You can also pick up your free Figure Plan there, or download it from our website.

Silk

THE 30-CALORIE ALMONDMILK ENJOYED BY

GUYS WHO RESCUE CATS and GIRLS ON YOGA MATS

Silk PureAlmond® Unsweetened. The taste big appetites crave.
With 50% more calcium* to help keep you standing strong.

Find recipes, coupons and more at f

Silk

The **Accidental** Citrus

At the delicious intersection of sweet and tart, Ruby Red grapefruit isn't just for breakfast. It adds a juicy punch to salads, drinks and desserts.

Bite into a gemlike section of Ruby Red grapefruit and instead of puckering, you'll find a grin spreading across your face. Ruby Red boasts all of grapefruit's refreshing tartness, but it's tempered by an explosion of sweet juice that seems almost sinful. The taste is complex and sophisticated, but it could have easily never happened.

The very existence of grapefruit—and this wonderfully balanced variety in particular—was, in fact, an accident. Grapefruit was first discovered in the West Indies during the 1700s, when the pollen of sweet orange and East Asian pummelo mingled by chance in the tropical groves. And though the new fruit was remarked on almost immediately—writers referred to it as "the Forbidden Fruit" before it had a name of its own—it took another century for it to catch on in the United States.

From Florida, this citrus spread to Texas's fertile, sunny Rio Grande Valley, where another spontaneous transformation took place. In 1929, farmers began to notice strange new fruits with red flesh growing on a pink grapefruit tree. These odd offshoots proved to be an exceptionally sweet and juicy mutation. Texans began to cultivate it and the Ruby Red was born.

Celebrate one of nature's happiest accidents with these delicious grapefruit recipes. We took no chances with the flavor of our Grapefruit, Hearts of Palm & Shrimp Salad, which intricately balances the citrus zing of grapefruit with briny hearts of palm, sweet shrimp and herby cilantro. For a cool sip of summer sunset in the depths of winter, mix up one of our beautifully simple Ruby-Red Grapefruit Cocktails. . . each segment is a bright burst of . . . one that we're lucky ever came into being.

—Matt Thompson

PHOTOGRAPHY BY ERICA ALLEN; FOOD STYLIST: KATE WITSTER; PROP STYLIST: PATTI COOK

Brown Sugar Broiled Grapefruit

hkw

Makes: 4 servings, ½ grapefruit each
Active time: 25 minutes Total: 25 minutes

Grapefruit for dessert? Why not! These grapefruit halves are topped with spiced brown sugar, caramelized under the broiler then topped with a dollop of vanilla-infused whipped cream.

- 2 red or pink grapefruit
- 8 teaspoons packed light brown sugar
- ¼ teaspoon ground cinnamon or cardamom
- 2 teaspoons melted butter
- 2 tablespoons heavy cream
- 2 tablespoons nonfat or low-fat plain Greek yogurt
- 1 teaspoon granulated sugar
- ¼ teaspoon vanilla extract

1. Position oven rack about 3 inches from the heat source and preheat broiler. Line a rimmed baking sheet with foil.
2. Cut each grapefruit in half, then trim a thin slice off the bottom so halves sit level. With a paring knife or grapefruit knife, cut around each segment to remove any seeds. Place the grapefruit halves on the prepared baking sheet. Combine brown sugar and cinnamon (or cardamom) in a small bowl. Brush each grapefruit half with butter, then sprinkle with about 2 teaspoons of the sugar mixture.
3. Broil the grapefruit, watching carefully and rotating the pan front to back once halfway through, until the tops are bubbling and golden brown, 7 to 12 minutes.
4. Meanwhile, beat cream in a small bowl until stiff. Beat in yogurt, granulated sugar and vanilla just until combined. Serve each grapefruit topped with a heaping tablespoon of the vanilla cream.

Per serving: 138 calories; 5 g fat (3 g sat, 1 g mono); 15 mg cholesterol; 24 g carbohydrate; 10 g added sugars; 2 g protein; 2 g fiber; 8 mg sodium; 186 mg potassium. **Nutrition bonus:** Vitamin C (64% daily value), Vitamin A (32% dv)

Grapefruit, Hearts of Palm & Shrimp Salad

hkw hlf hwh

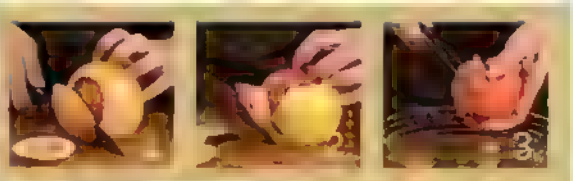
Makes: 4 servings, about 1¼ cups each
Active time: 25 minutes Total: 25 minutes
To make ahead: Refrigerate for up to 4 hours.

Serve this shrimp salad for lunch or as an appetizer. Hearts of palm are the tender inner stem of certain species of palm trees, with a flavor similar to artichokes. Find them near other canned vegetables.

- 4 red or pink grapefruit, segmented (*see below*)
- 8 ounces peeled cooked small shrimp (71-90 count; *see Tip, page 94*)
- 1 14-ounce can hearts of palm, drained and sliced
- ½ cup chopped fresh cilantro
- ⅓ cup chopped red onion
- ¼ cup sliced green olives
- ¼ teaspoon salt

After segmenting grapefruit, squeeze the juice from the membrane into the bowl. Add shrimp, hearts of palm, cilantro, onion, olives and salt; stir to combine. Serve room temperature or chilled.

Per serving: 175 calories; 2 g fat (0 g sat, 1 g mono); 71 mg cholesterol; 31 g carbohydrate; 0 g added sugars; 11 g protein; 6 g fiber; 580 mg sodium; 528 mg potassium. **Nutrition bonus:** Vitamin C (139% daily value), Vitamin A (62% dv), Folate (18% dv), Potassium (15% dv)



Slice both ends off the fruit. Remove peel and white pith with a knife. Working over a bowl, cut segments from the surrounding membrane to remove any seeds.

Lightlife

Grapefruit Rounds with Halloumi Cheese

20

Makes: 4 servings
Active time: 20 minutes **Total:** 20 minutes

Halloumi cheese has a texture similar to mozzarella, but it browns rather than melts when it is heated. We love how its salty flavor pairs with the sweet-tart ruby grapefruit and aromatic mint in this beautiful salad. Look for halloumi in tubs or airtight packs near other imported cheese in large supermarkets.

- 2 red or pink grapefruit
- 2 tablespoons extra-virgin olive oil plus 1 teaspoon, divided
- 1 tablespoon red-wine vinegar
- 1 tablespoon minced shallot
- ⅛ teaspoon freshly ground pepper
- Pinch of salt
- 4 ounces halloumi cheese, cut crosswise into 8 thin slices
- ¼ cup chopped fresh mint

1. With a sharp knife, remove the skin and white pith from the grapefruit; remove any seeds. Slice each grapefruit into 4 rounds.
2. Whisk 2 tablespoons oil, vinegar, shallot, pepper and salt in a small bowl.
3. Heat the remaining 1 teaspoon oil in a large nonstick skillet over medium-high heat. Add cheese and cook, turning once, until golden brown on both sides, 3 to 4 minutes total.
4. To serve, place 2 grapefruit rounds on each plate and top each with a piece of the cheese. Drizzle each serving with about 1 tablespoon of the vinaigrette and sprinkle with 1 tablespoon mint.

Per serving: 221 calories; 18 g fat (6 g sat, 6 g mono); 20 mg cholesterol; 14 g carbohydrate; 0 g added sugars; 7 g protein; 2 g fiber; 339 mg sodium; 203 mg potassium. **Nutrition bonus:** Vitamin C (65% daily value), Vitamin A (34% dv)

Ruby-Red Grapefruit Cocktail

10

Makes: 4 servings, scant 1 cup each
Active time: 10 minutes **Total:** 10 minutes

This gorgeous sparkling cocktail combines gin, Campari, fresh grapefruit juice and seltzer. The touch of Campari enhances its beautiful red color, but if you prefer a less bitter drink, omit it.

- 1½ cups red or pink grapefruit juice, preferably fresh-squeezed
- 1½ cups plain seltzer
- ½ cup gin
- 2 tablespoons Campari
- Ice cubes
- Grapefruit wedges or slices for garnish

Stir grapefruit juice, seltzer, gin and Campari together in a pitcher. Fill 4 glasses with ice and top with the cocktail mixture. Garnish with grapefruit, if desired.

Per serving: 121 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 11 g carbohydrate; 0 g added sugars; 1 g protein; 0 g fiber; 4 mg sodium; 153 mg potassium. **Nutrition bonus:** Vitamin C (59% daily value).

1. Combine chopped peeled grapefruit and tangerines with a little sugar and strips of zest for a beautiful compote. 2. Mix grapefruit juice with Champagne for a delicious spritzer. 3. Cut into segments (*see page 38*) and toss with avocado, arugula, cilantro and a little minced jalapeño for a zesty salad.

Nuts.

49 PISTACHIOS

- 160 calories
- 6 grams protein
- 3 grams fiber

Crazy.

15 POTATO CHIPS

- 160 ca ories
- 2 grams protein
- 1 gram fiber

Wrap your noggin around this: a heaping helping of heart-healthy pistachios has the same calories as just a handful of potato chips. Pistachios are also all-natural and trans-fat and cholesterol free, not to mention super satisfying. Especially when you're craving something salty. Trust us. We're the sane choice when it comes to snacks.

Get Crackin'

Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts such as pistachios as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. See nutrition information for fat content. ©2012 Paramount Farms International LLC. All rights reserved. Get Crackin', Wonderful, Wonderful Pistachios and the Wonderful Pistachios trade dress are registered trademarks of Paramount Farms International LLC. WP8734

Pass the **Frozen Peas**

Think beyond simple side dishes with these 4 fabulous dinners starring frozen peas

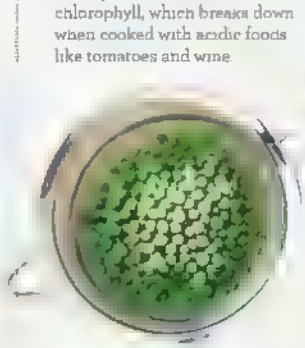
Peer into the frosty depths of your freezer and hopefully you will see a bag of peas. (If not, it's time to stock up.) Of course you already know frozen peas are indispensable as a practically instant side dish, not to mention that bagged frozen peas make a great ice pack for soothing the occasional bump and bruise. But the reason we're in love with them right now: we've discovered that with a little creativity, peas can become the centerpiece of tasty dinners in minutes. A ½-cup serving of these little green legumes has only 62 calories and packs 4 grams of fiber, plus nutrients like vitamins A and K that promote healthy eyes and strong bones. Try frozen peas in our lightened-up version of spaghetti carbonara (done in 30 minutes flat!) or, for a less traditional approach, toss them with eggs and mung bean sprouts and pour the result in your muffin tin to make Baked Egg Foo Yong. Keep a bag of peas in your freezer and you'll have the start of a fabulous dinner whenever you need it. —**Hilary Meyer**

Label Watch

Aim for frozen peas with less than 100 mg of sodium per serving. (Some are higher because they are processed with added ingredients.) During testing we found peas labeled "garden," "sweet," "petite" and "baby" [illegible] to taste different between the varieties.

Shades of Green:

Wonder why those bright green peas sometimes lose their color when you cook them? Peas contain chlorophyll, which breaks down when cooked with acidic foods like tomatoes and wine.



Take the Chill Off

To defrost peas quickly, place them in a fine-mesh strainer and submerge in a bowl of warm water for a few minutes.

This season, when it comes to your immune health:

" " or trust Ester-C®

with 24-hour immune support*

Don't take chances.

Do all you can to support your immune health:*

Eat healthy, get your rest—and take Ester-C® every day.* Taken just once a day, Ester-C® absorbs into your system and stays there to deliver 24-hour immune support and potent antioxidant activity.* So now more than ever, trust your immune health to Ester-C®... *Nothing Else Works Like It.**

One daily dose works for 24-hours

Available at health, natural food and vitamin specialty stores

theVitaminShoppe.

Ester-C® The Better Vitamin C.®

Ester-C® Ester-C® and The Better Vitamin C® are licensed TMs of The Ester-C® Company. U.S. Pat. Nos. 6,277,813 & 6,878,744

These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.

AMERICAN HEALTH®

good health made simple®

1-866-646-8576 • www.AmericanHealthUS.com

© 2013 American Health Inc. | 12-AH-1227

Form a Croquette: Combine peas with starchy russet potatoes and gently cup in your hands to form football-shaped patties for pan-frying.

Curried Pea & Potato Croquettes

h♥w h♥f h♥h

45

Makes: 4 servings, 2 croquettes & ⅓ cup sauce each
Active time: 45 minutes **Total:** 45 minutes
Cost per serving: under $2

Serve these croquettes and zesty sauce with sauteed spinach

- 2 12-ounce russet potatoes
- 2 teaspoons canola oil plus 2 tablespoons, divided
- 1 small onion, chopped
- 1 tablespoon curry powder plus 1 teaspoon, divided
- 1 teaspoon mustard seeds
- 1 14-ounce can stewed tomatoes
- 2 cups frozen peas, thawed, divided
- 2 cloves garlic, minced
- ⅛ teaspoon salt
- ¼ teaspoon ground pepper
- 2 large eggs
- 1 cup coarse dry whole-wheat breadcrumbs (*see Tip, page 94*)

1. Pierce potatoes all over with a fork. Wrap in parchment or wax paper and microwave on High until soft, 8 to 10 minutes.
2. Meanwhile, heat 2 teaspoons oil in a small saucepan over medium-high heat. Add onion, 1 tablespoon curry powder and mustard seeds; cook, stirring, until fragrant, 1 to 2 minutes. Add tomatoes; bring to a boil. Reduce to a simmer and cook, stirring occasionally, until onion is tender, 10 minutes. Stir in ½ cup peas, cover; remove from heat.
3. When the potatoes are cool enough to handle, cut into chunks and transfer to a large bowl. Add the remaining 1½ cups peas and 1 teaspoon curry powder, garlic, salt and pepper; mash with a potato masher to the consistency of chunky mashed potatoes. Form into 8 croquettes (scant ½ cup each), 2 inches wide and 3 to 4 inches long.
4. Beat eggs in a shallow dish. Place breadcrumbs in another dish. Dip each croquette in the egg and then coat with the breadcrumbs.
5. Heat 1 tablespoon of the remaining oil in a large nonstick skillet over medium heat. Cook the croquettes until browned on the bottom, 4 to 5 minutes. Gently flip, drizzle the remaining 1 tablespoon oil around the sides and shake the pan to distribute the oil. Cook until the second side is browned, about 4 minutes. Serve with the sauce.

Per serving: 420 calories; 13 g fat (2 g sat, 7 g mono); 93 mg cholesterol; 64 g carbohydrate; 0 g added sugars; 15 g protein; 9 g fiber; 651 mg sodium; 1,116 mg potassium. **Nutrition bonus:** Vitamin C (54% daily value), Vitamin A (35% dv), Iron & Potassium (32% dv)

Baked Egg Foo Yong

h♥f h♥h

40

Makes: 6 servings, 2 egg foo yong & 2½ Tbsp. sauce each
Active time: 20 minutes **Total:** 40 minutes
Equipment: Nonstick muffin tin with 12 (¼-cup) cups
Cost per serving: under $2

Egg foo yong is a Chinese omelet filled with vegetables, bean sprouts and sometimes meat. Our vegetarian version is packed with vegetables and baked in a muffin tin for ease. Serve with mixed green salad tossed with Sesame Tamari Vinaigrette (eatingwell.com)

- 10 large eggs, beaten
- ½ teaspoon salt
- 2 cups frozen peas, thawed
- 2 cups mung bean sprouts (7 ounces), coarsely chopped
- 1 bunch scallions, trimmed and sliced
- 1 cup shredded carrots
- 1 cup "no-chicken" broth or vegetable broth
- 2 tablespoons mirin (*see Tip, below*)
- 2 tablespoons reduced-sodium soy sauce
- ⅛ teaspoon ground white pepper
- 1 tablespoon cornstarch
- 1 tablespoon water

1. Preheat oven to 350°F. Coat 12 (⅓-cup) nonstick muffin cups with cooking spray.
2. Whisk eggs and salt in a large bowl. Stir in peas, bean sprouts, scallions and carrots. Divide the mixture among the prepared muffin cups (scant ⅓ cup each).
3. Bake until the egg is cooked and beginning to brown, 28 to 32 minutes. Run a knife around the edges to loosen.
4. Meanwhile, bring broth, mirin, soy sauce and white pepper to a boil in a small saucepan. Reduce heat to maintain a lively simmer and cook for 3 minutes. Combine corn starch and water in a small bowl; whisk into the broth mixture. Cook, whisking, until thickened, about 1 minute. Remove from heat and cover to keep warm. Serve the sauce with the egg foo yong.

Per serving: 365 calories; 9 g fat (3 g sat, 3 g mono); 310 mg cholesterol; 46 g carbohydrate; 0 g added sugars; 26 g protein; 16 g fiber; 633 mg sodium; 741 mg potassium. **Nutrition bonus:** Vitamin A (96% daily value), Folate (86% dv), Iron & Magnesium (28% dv), Vitamin C (24% dv), Potassium (22% dv), Zinc (20% dv)

Mirin is a sweet, low-alcohol rice wine essential in Japanese cooking. Look for it in your supermarket with the Asian or gourmet ingredients.

Fall in Love. Again.

daiya
deliciously dairy free™

dairy free

gluten free

soy free

www.daiyafoods.com

Pareve

Spaghetti Carbonara with Peas

htf

30

Makes: 4 servings, about 1½ cups each
Active time: 30 minutes **Total:** 30 minutes
Cost per serving: under $1.50

Our lightened-up spaghetti carbonara is lower in calories and fat than a traditional carbonara, plus boasts 9 more grams of fiber per serving. For the best flavor, use Parmigiano-Reggiano cheese. The eggs in the sauce are not fully cooked, if you're concerned about consuming undercooked eggs, use pasteurized-in-the-shell eggs.

- 8 ounces whole-wheat spaghetti
- 2 cups frozen peas, thawed
- 3 cloves garlic, minced
- 4 strips thick-cut bacon
- 2 large eggs, at room temperature (*see Tip, page 94*)
- ¾ cup finely shredded Parmesan cheese, divided
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper

1. Bring a large saucepan of water to a boil. Add spaghetti and cook until just tender, 8 to 10 minutes or according to package directions. About 3 minutes before it is done, stir in peas and garlic.
2. Meanwhile, cook bacon in a nonstick skillet over medium heat until crisp. Transfer to a paper towel-lined plate to drain. Scrape the bacon drippings into a large bowl, add eggs, ½ cup Parmesan, salt and pepper and whisk until combined.
3. Chop the bacon and add to the egg mixture. When the pasta and peas are done, drain, reserving ¾ cup of the water. Immediately stir the pasta, peas and the ¾ cup water into the egg mixture, stirring quickly so the eggs don't scramble. Let stand 5 minutes, stirring occasionally, to thicken the sauce. Serve each portion topped with 1 tablespoon of the remaining cheese.

Have all the ingredients in the recipe; add 6 Tbsp. of pasta-cooking liquid to the sauce in Step 3.

Per serving: 385 calories, 10 g fat (4 g sat, 4 g mono), 111 mg cholesterol, 53 g carbohydrate, 0 g added sugars, 23 g protein, 10 g fiber, 659 mg sodium, 320 mg potassium. **Nutrition bonus:** Vitamin A (33% daily value), Magnesium (28% dv), Calcium (25% dv), Iron & Vitamin C (22% dv), Folate (21% dv), Zinc (20% dv).

Creamy Pea & Chicken Stew

hkw htf

40

Makes: 4 servings, about 1½ cups each
Active time: 40 minutes **Total:** 40 minutes
Cost per serving: under $4

This cheesy, saucy one-pot stew reminds us of the filling in chicken potpie. While it tastes rich and comforting, it has plenty of peas and cauliflower, too, so you get your veggies. Serve with biscuits or over brown rice.

- 1 14-ounce can reduced-sodium chicken broth, divided
- 2 tablespoons all-purpose flour
- 2 teaspoons Dijon mustard
- 1 pound boneless, skinless chicken breasts, trimmed and cut into bite-size pieces
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 tablespoon extra-virgin olive oil
- 3 cups small cauliflower florets
- ½ cup finely chopped shallot
- 2 cups frozen peas, thawed
- ½ cup dry white wine
- 1 cup shredded Gruyère cheese

1. Whisk ½ cup broth, flour and mustard in a small bowl.
2. Season chicken with salt and pepper. Heat oil in a large nonstick skillet over medium-high heat. Add the chicken and cook, stirring frequently, until brown and just cooked through, 5 to 7 minutes. Transfer to a bowl and cover with foil to keep warm.
3. Add cauliflower and shallot to the pan and cook, stirring, until the vegetables begin to soften, about 2 minutes. Add peas, wine and the remaining broth (about 1½ cups) and bring to a simmer. Cook, stirring often, until the cauliflower is just tender, about 5 minutes more. Whisk the reserved broth mixture again and add to the pan. Cook, stirring, until the sauce bubbles and thickens, 1½ to 2 minutes. Add cheese, the cooked chicken and any accumulated juices; stir until the cheese is melted.

Per serving: 385 calories, 16 g fat (6 g sat, 6 g mono), 92 mg cholesterol, 18 g carbohydrate, 0 g added sugars, 38 g protein, 5 g fiber, 638 mg sodium, 561 mg potassium. **Nutrition bonus:** Vitamin C (75% daily value), Vitamin A (36% dv), Calcium (32% dv), Folate (22% dv), Zinc (18% dv), Magnesium & Potassium (16% dv), Iron (15% dv).

Fabulous **Fishwiches**

We took classic fish sandwiches and gave them a healthy update

If you think opting for a fish sandwich instead of, say, a burger is a healthier option, you might want to think again. Sure, fish on its own is terrific: low in fat and often high in omega-3s, which are good for your heart and your brain. The problem is, once fish gets deep-fried slathered with tartar sauce, covered in cheese and piled onto a white bun, it becomes a calorie bomb. In fact, a classic fried-fish sandwich you might get at one fast-food restaurant (we won't name names here) can weigh in at 590 calories and 30 grams of fat.

Which is why we decided to make over these fish sandwiches—a fried-fish sandwich and a tuna melt—with fresher flavors, fewer calories and a third of the fat. See how we did it on the following page.

We slash calories in the coleslaw by making it with low-fat mayonnaise and yogurt
Pineapple in the coleslaw adds great flavor along with extra vitamin C and fiber
We skip deep frying and cook the fish in a nonstick skillet to get a crispy golden crust, without the added fat from frying
Using whole-wheat bread instead of plain hamburger buns boosts fiber

Crispy Fish Sandwich with Pineapple Slaw
(page 50)

We use real cheese to save on calories and saturated fat. Here's how we spread the cheese so just a little is enough to cover the sandwich and we pack sharp Cheddar for a big flavor impact.
Add plenty of tomatoes—they bring fresh flavor and a dose of vitamin C and lycopene.
Chunk light tuna, which comes from the smaller skipjack or yellowfin, has less mercury than canned white albacore tuna.

Tuna Melt

h♥w h♥h

15 **Makes:** 4 servings
Active time: 10 minutes **Total:** 15 minutes
Cost per serving: under $1.50

This updated version goes light on the mayo and is topped with fresh tomato slices. Using shredded sharp Cheddar means considerably less is needed to still ensure great cheese flavor in each gooey bite.

- 2 5-ounce cans chunk light tuna, drained
- 1 medium shallot, minced (2 tablespoons)
- 2 tablespoons low-fat mayonnaise
- 1 tablespoon lemon juice
- 1 tablespoon minced flat-leaf parsley
- ⅛ teaspoon salt
- Dash of hot sauce
- Freshly ground pepper to taste
- 4 slices whole-wheat bread, toasted
- 2 tomatoes, sliced
- ⅓ cup shredded sharp Cheddar cheese

1. Preheat broiler.
2. Combine tuna, shallot, mayonnaise, lemon juice, parsley, salt, hot sauce and pepper in a medium bowl. Spread ¼ cup of the tuna mixture on each slice of toast; top with tomato slices and 2 tablespoons cheese. Place sandwiches on a baking sheet and broil until the cheese is bubbling and golden brown, 3 to 5 minutes.

Per serving: 209 calories; 7 g fat (4 g sat, 2 g mono); 29 mg cholesterol; 17 g carbohydrate; 1 g added sugars; 18 g protein; 3 g fiber; 497 mg sodium; 355 mg potassium. **Nutrition bonus:** Vitamin C (20% daily value), Vitamin A (18% dv), Calcium (15% dv).

We always try to use sustainable seafood. Look for chunk light tuna, preferably certified by the Marine Stewardship Council. For sustainable haddock, look for "hook-and-line-caught" or Pacific haddock. For cod, look for Pacific cod from Iceland or the east Arctic. Find more at seafoodwatch.org.

Crispy Fish Sandwich with Pineapple Slaw

h♥w h♥f h♥h

25 **Makes:** 4 servings
Active time: 25 minutes **Total:** 25 minutes
Cost per serving: under $5

A fish sandwich doesn't have to be deep-fried. Try our version with a tangy, zesty pineapple slaw. It's worth taking the extra minute to chop pineapple instead of using crushed pineapple—the crushed is too juicy and appears into the slaw. Store-bought shredded cabbage-carrot mix saves time. Look for it in the produce section.

- 2 tablespoons low-fat mayonnaise
- 2 tablespoons nonfat plain yogurt
- 2 teaspoons rice vinegar
- ⅛–¼ teaspoon crushed red pepper
- 1 8-ounce can pineapple chunks *or* rings, drained and coarsely chopped
- 2 cups coleslaw mix
- ¼ cup cornmeal
- 1¼ pounds haddock *or* cod (*see Tip, above*), skinned and cut into 4 portions
- ½ teaspoon Cajun seasoning
- ¼ teaspoon salt
- 4 teaspoons canola oil, divided
- 8 slices whole-wheat country bread, toasted

1. Whisk mayonnaise, yogurt, vinegar and crushed red pepper to taste in a medium bowl. Add pineapple and coleslaw mix and stir to combine.
2. Place cornmeal in a shallow dish. Sprinkle both sides of fish with Cajun seasoning and salt. Dredge the fish in the cornmeal.
3. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add half the fish and cook until golden, about 2 minutes per side. Transfer to a plate and repeat with the remaining 2 teaspoons oil and fish, adjusting heat as needed to prevent burning.
4. Top toasted bread with the fish and pineapple slaw to make sandwiches. Serve immediately.

Per serving: 372 calories; 9 g fat (1 g sat, 4 g mono); 69 mg cholesterol; 42 g carbohydrate; 3 g added sugars; 31 g protein; 7 g fiber; 658 mg sodium; 654 mg potassium. **Nutrition bonus:** Vitamin C (44% daily value), Magnesium (23% dv), Potassium (19% dv), Folate (17% dv).

NATURE'S BOUNTY

OPTIMAL SOLUTIONS®

Beauty starts on the inside.™

Discover the optimal solution to fit your needs.

**Adequate Calcium as part of a healthful diet, along with physical activity, may reduce the risk of osteoporosis in later life

*Through time of expiration

Per serving.

© 2012 Nature's Bounty Inc.

www.naturesbounty.com/optimalsolutions

JACKIE BOUCHER, M.S., R.D.

The Town That Lost 7,961 Pounds

Could a town once known for beer, butter and bratwurst get its citizens to lose weight, lower their cholesterol and eat better? In an amazing experiment, New Ulm, Minnesota, did. Here's how.

BY RACHAEL MOELLER GORMAN

PHOTOGRAPHY BY SARA RUBINSTEIN

In 2008, Jackie Boucher, a fit blonde who swims every morning in the summer and runs or walks 5 to 7 miles daily in the bitter Minnesota winters, was given a tall challenge: Could she come up with a plan to eliminate heart attacks in a community? That question was on the minds of her boss, Kevin Graham, M.D., then-president of the Minneapolis Heart Institute, and Dick Pettingill, then-CEO of Allina Health.

Heart disease causes one in three deaths in the U.S. If you smoke, are overweight, are inactive or have high blood pressure or cholesterol, you add to your risks. Two-thirds of Americans are overweight or obese, and people who are 25 to 50 pounds overweight are 50 percent more likely to have a heart attack.

Theoretically, then, if people changed their behaviors, they could reduce their risk of heart attacks. If they did, it would not only save lives but could also save millions in health-care costs.

The two men asked Boucher, a registered dietitian and educator, to write up a plan and focus on one particularly tough town: New Ulm, Minnesota, home to a brewery, a butter packager and what was, at the time, the world's largest Velveeta plant.

The Guinea Pigs

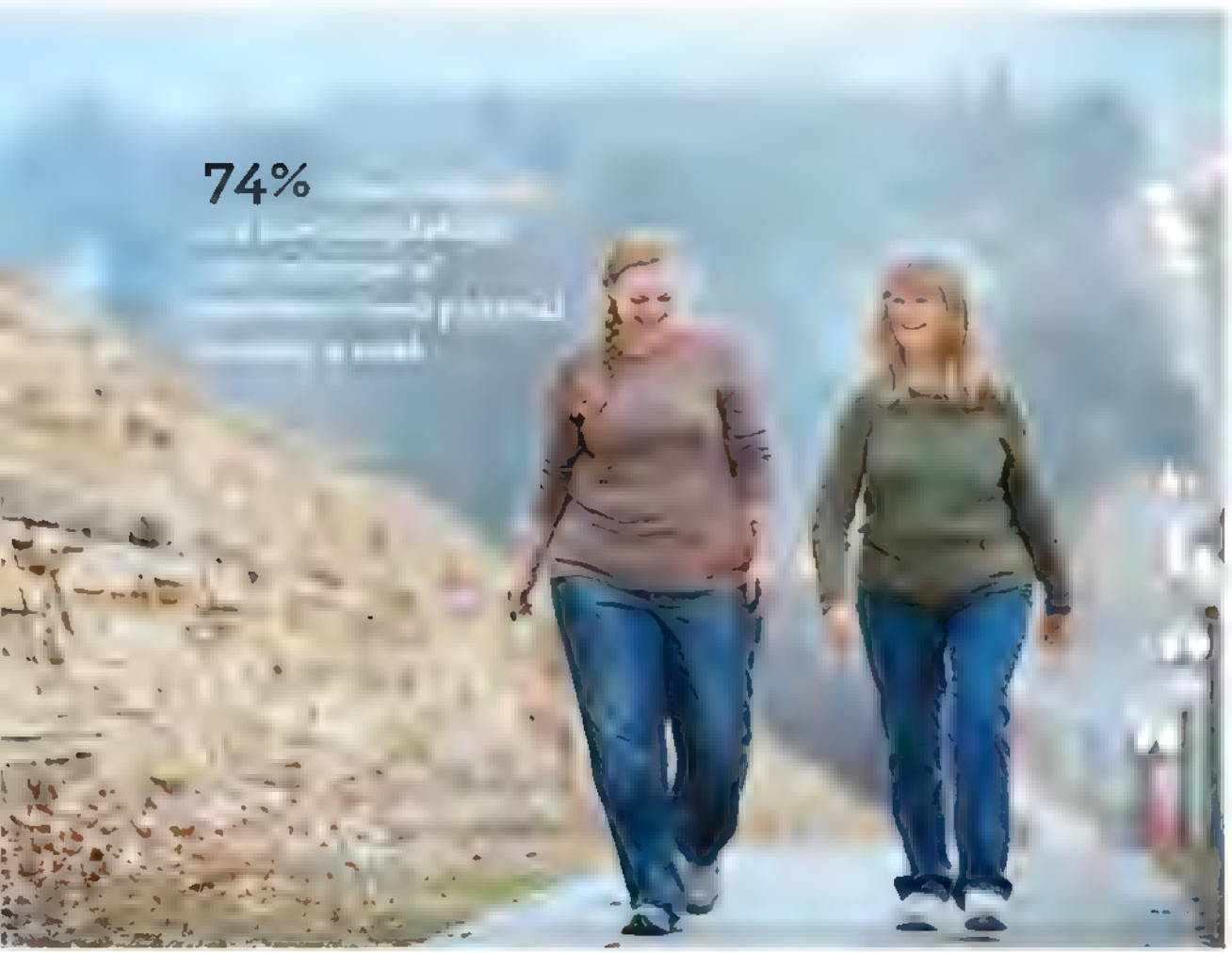
On a winter day, as snow swirled outside, Tanya Horner placed everything she owned into cardboard boxes. Despite months of working overtime, Horner's job in Minneapolis had been outsourced and she was moving home to live with her mother and go back to school. In the past year, take-out food and pizza had become her mainstays. She had ballooned to nearly 300 pounds and developed sleep apnea.

Meanwhile, 90 miles away in New Ulm, her mother, Mary Koch, sat on her couch, eating potato chips, mourning the loss of her husband. She had stopped cooking for herself, was 40 pounds overweight and had high cholesterol. Living together again, they realized how unhappy they were with their health. "We got together one day," Horner remembers, "and said, 'We've got to do something better.'"

One morning Mary Koch went to work as usual at her desk job at the Kraft Foods headquarters just on the edge of town. Instead of going on her coffee break, she walked into one of the conference rooms, where the one local medical center, owned by Allina, had set up stations for free heart-health screens. Koch settled into a cushioned swivel chair next to a table covered with clipboards, wipes and plastic vials for blood. A series of nurses weighed her, checked her blood pressure and took blood to test her cholesterol and triglyceride levels. Fifteen minutes later she was back at work.

Koch had joined 5,200 other people (more than one-third of the town of 14,000) who had voluntarily attended 109 screening sessions at worksites, community centers, churches and recreation centers as part of the first free health screenings for the "Heart of New Ulm" experiment. This initial screening gave Jackie Boucher, vice president of education at the Minnesota Heart Institute Foundation, and her colleagues a 2009 baseline of the town's health, allowing them to monitor whether or not their efforts could improve health.

Fast-forward to this past August: Tanya Horner, now 37, has lost 76 pounds, her mother, Mary Koch, 56,



Tanya Horner and her mother, Mary Koch (*below*), are just two of nearly 1,000 townspeople with weight-loss success stories.

Guests at Turner Ha have started forgoing the traditional heavy German food and now opt for the salads on the menu HONU helped to revamp

has lost 38. Horner no longer has sleep apnea, Koch's cholesterol has improved, and both women like the way they look and love their new life.

Though they are successful by any account, they hardly stand out in New Ulm: Their neighbor, Pat Novak, 52, has lost 20 pounds and stopped using insulin to control his type 2 diabetes. His wife, Sharie, 51, is 30 pounds lighter. Nearby, John Holmquist, 57, has lost 35 pounds, dramatically dropped his blood pressure and cholesterol, and feels stronger than he did in his thirties. In fact, all around town people are posting lower weights, getting more exercise and lowering cholesterol and blood pressure

So what changed in this formerly bratwurst-eating, beer-drinking, butter-spreading town? The answer is the Heart of New Ulm (HONU) Project, a 10-year effort with the outrageous goal of eliminating heart attacks and persuading the people of New Ulm to drastically reduce their weight. In the past few years HONU has saturated the town with exercise programs, health screenings, healthy cooking classes and other campaigns. It's infiltrated homes, restaurants and workplaces.

24% reduction in heart attacks among HONU participants after 15 months.

Horner, Koch, the Novaks and Holmquist are participating guinea pigs in this giant experiment, and, so far, it seems to be working: Just three years since the program began, New Ulmites have less hypertension, lower cholesterol, are eating more fruits and vegetables, and getting more exercise. Among the program participants, 981 people have lost a collective 7,961 pounds. And very preliminary results show a 24 percent reduction in heart attacks after 15 months of the project. (Boucher warns that they need many years of data to know if there has been real improvement.)

Boucher, the HONU project director, sees it like this: "If you can, make the healthy choice the easy choice—so that wherever you go it's easy to be active or find healthier foods. That's where you can really start to change social norms." And that's just what she and her team set out to do. But there were roadblocks, namely the very essence of the town itself

The Town That Butter Built

New Ulm was settled in 1854 by German immigrants and today claims to be statistically the most German town in America. But this is the just the first in a long line of the town's claimed superlatives. New Ulm is home to the second-oldest family-run brewery in the U.S., the August Schell Brewing Company; what may have been the world's largest processed cheese factory; and the largest butter-packaging plant in the U.S.

The butter plant is locally famous because, in 2004, an explosion blew melted butter all over the town center. "We literally had a million pounds of butter running through the streets of New Ulm," says HONU's Rebecca Fliszar, R.D., who is in charge of local nutrition initiatives. "The city was coated in it, and it just smelled like popcorn."

Dave Berg of the Ulmer Cafe and dozens of other chefs were challenged by HONU to make their menus heart-healthier to earn a gold, silver or bronze status.

Targeting an entire community's health isn't a novel concept: big National Institutes of Health-funded studies like California's Stanford Five City Project, the Pawtucket Heart Health Program in Rhode Island, even the Minnesota Heart Health Program have screened residents for cardiovascular risk factors and then intensively educated them about changing their behavior—eating better, exercising, stopping smoking.

But if it were as easy as education, we'd all be slimmer, fitter and healthier. These older programs posted ambiguous results or effects that didn't last once the intervention ended.

Boucher wanted to do more than the big NIH-funded studies, even though she had far less money to work with. After studying scores of other attempts to improve community health, Boucher proposed to not only educate folks and teach them about the changes they need to make, but most importantly, she wanted to envelop them in a supportive environment. "The environment [unhealthy food options, little opportunity for exercise] works against you," says Boucher. "That's why I think it's so important to focus on environmental changes."

In the first four years of the project, Allina Health (a not-for-profit health-care system) invested about $5 million (some of the NIH projects cost upwards of $80 million). With about 80 heart attacks in New Ulm every year, direct costs of treating the heart attacks is about $4 million a year. If HONU could reduce the number of heart attacks by just one-quarter, it could

2.2 How many points, on average, participants' LDL (or bad cholesterol) dropped from 2009 to 2011.

save $10 million over 10 years. If you take into account the indirect costs of missed work, decreased productivity and short-term disability, the savings are even greater.

And when you consider that the risk factors for heart disease (the ones that HONU is trying to reduce—cholesterol, blood pressure, smoking, obesity) are also risk factors for several other major diseases (cancer, type 2 diabetes, chronic kidney disease), the town should see substantial reduction in risk for those diseases as well.

Studies have shown that the return on investment for programs that help promote healthy living and prevent disease is consistently 3:1. HONU is expected to be similar, thus saving a lot more money with prevention than would be spent on treatment.

Boucher and her team have also won a federal appropriation plus about $1.4 million in grants from the U.S. Department of Agriculture, Centers for Disease Control and United Healthcare. The latter grant includes a more intensive approach to reducing obesity, including creating a community challenge for everyone to maintain or lose weight; if the town succeeds, it can earn up to $100,000 toward a project citizens would vote on, like a new park.

The team chose New Ulm, a town of about 14,000, because, despite the brats, butter and beer culture, the town's Chamber of Commerce recently listed health as one of the town's top three goals for the community, and its people are easy to study since they are served by a single medical center with electronic health records. Plus, New Ulm, with its biggest-this, oldest-that mentality, was ripe for a challenge. Boucher says, "There's this social pressure and competitiveness, that we want to show that our community can do this."

It Takes a Village

To help citizens get a jump-start, HONU created the Take Five! Community Health Challenge. As part of the program, it mailed out a full-color booklet outlining a 12-week program to successfully lose weight—complete with logbook, scores of tips and goals and methods—to every household in the town.

The Challenge encouraged small changes and daily self-tracking of these changes: losing 5 pounds, being physically active 5 days a week, eating 5 times a day (3 meals, 2 snacks), eating at least 5 fruits and vegetables a day, taking 5 minutes each day for yourself (*see "The*

Pure Ingredients.
Pure Inspiration.
Whole Grain Cheese Curls
Whole Grain Tortilla Chips
Popped Potato Crisps
Garden Veggie Crisps
eatsmart
SNYDER'S
naturals
Garden Veggie Sticks
Spinach
Nature's purest ingredients—like whole grains, chia seeds, quinoa, corn, potatoes and expeller-pressed sunflower oil—inspired us to create an array of unique, all-natural snacks. Visit us at eatsmartnaturals.com.
Some eatsmart naturals are
NON GMO Project
Certified GF Gluten-Free
WHOLE GRAIN

6 in 10 participants now have healthy cholesterol levels.

5-Step Action Plan," below). The program promoted free phone coaching for individuals at high risk for heart disease, and no-cost events, such as square dancing classes in the park, cooking classes at the medical center and neighborhood walking clubs.

HONU also developed and produces a weekly cable-access healthy-cooking show, "What's Cooking New Ulm?" with dietitian Rebecca Fliszar. She visits the kitchens of home cooks and works with them to demonstrate how to make healthier meals, often using *EatingWell* recipes. (In fact, *EatingWell* recipes are used in almost all the materials HONU publishes, on its website and in cooking classes and demonstrations.)

Restaurants were encouraged to revamp their menus and the town's two grocery stores put up signs in their aisles encouraging healthy swaps, such as water for soda.

To really make a difference, however, HONU knew it had to approach people at work, where they spend most of every day. HONU collaborates with 38 worksites, including J&R Schugel Trucking, Inc., which employs 600 truck drivers and 87 office workers.

The 2009 HONU health screen of the J&R Schugel office staff showed that 32 percent of workers had metabolic syndrome, 29 percent were smokers and 79 percent were overweight or obese. Consulting with HONU's dietitians, Leah Peck, the company's human resources director, started trying to improve the company's work environment in small ways.

The company organized a 5K walk/run, complete with training calendars and a healthy cooking contest at the end. Peck arranged for a CSA to deliver fresh fruit and vegetables to work. And, after the company's president put it out for a vote, the campus went tobacco-free.

Peck also harangued her vending-machine company: since there are no places to get food close by, employees and truckers rely on the vending machines. "So I said, 'I want baked meals at eye level, and they should be less expensive than fried items, and there needs to be dry snacks that are high in protein, low in saturated fat.'"

For truckers who are sedentary up to 11 hours a day and whose only meal options are often fast-food joints or roadside convenience stores, Peck had to be creative. She gives truckers the HONU grocery store packet that helps them "choose this, not that," emphasizing healthier options in each area of the store. She also hands out brochures with 300- to 500-calorie healthier meal options

The 5-Step Action Plan

The Heart of New Ulm's Take Five! Community Health Challenge was designed not only to help people lose weight and keep it off but to encourage a healthier lifestyle. Here we've highlighted the key elements so you can try it yourself at home. You can also get a free download of the 36-page booklet EatingWell created for the Heart of New Ulm project "Heart-Healthy Cooking Made Easy" with menu plans, recipes, pantry and cooking tips at eatingwell.com/go/newulm

1 [illegible]: Little things add up. Losing as little as 5 to 10 percent of your body weight can improve your blood pressure, cholesterol and blood sugar, as well as help lift your self-confidence and energy levels. **How to do it:** If you want to lose a pound a week, try this simple formula: Your current weight (in lbs.) x 12 = the number of calories needed each day to maintain your current weight. To lose 1 pound a week, cut 500 calories a day. It is not recommended to go below a 1,200 calorie day.

2 [illegible]: Physical activity plays a key role in both losing weight and maintaining weight. **How to do it:** A 155-pound person burns 176 calories walking at a 15-minute mile pace for 30 minutes, 357 calories running at a 10-minute mile pace for a half hour or 372 calories swimming laps over 30 minutes.

3 [illegible]: Eating on a regular schedule can help you feel satisfied throughout the day. Start the day with breakfast, eat lunch, dinner and two healthy snacks. **How to do it:** Follow our *EatingWell* 5 Day Slim-Down Meal Plan (*page 32*), which uses recipes in this issue.

4 [illegible]: Only 14 percent of Americans are eating the recommended amount of produce each day. **How to do it:** Up your intake by eating a fruit and/or vegetable at each meal and snack and you'll be getting more of the nutrients, antioxidants, vitamins and fiber your body needs. Try *EatingWell* recipes in "Power Soups" (*page 72*), each of which delivers at least 2 servings of vegetables per bowl.

5 [illegible]: It'll help you manage stress—a must-do as it's driving 85 percent of health problems may be stress-related. **How to do it:** Close your eyes, breathe, smile!

AMERICAN HEALTH

ADVANCED ACTIVITY

DIGEST HPE™

HIGH PERFORMING ENZYME DELIVERY

13 BIO-ACTIVE NATURALLY DERIVED ENZYMES

INTENSIVE STRENGTH COMPLEX

Suitable For Vegans

Now, make friends with food again.

Every meal, every day... Digest HPE™ helps make even hard-to-digest foods more agreeable.*

Which foods are unfriendly to your digestive system; spicy, oily, rich? Fruits, vegetables, nuts? Maybe you don't even know.

Digest HPE™ is an intensive strength complex with high levels of important enzymes your body needs to more thoroughly digest your food.* With 13 bio-active enzymes, this advanced formula gives you broad spectrum digestive support for proteins, carbohydrates, fibers, fats and more.*

So take Digest HPE™ with every meal. Because when your digestion is right, mealtime becomes a lot more friendly.* **Available at health, natural food and vitamin specialty stores.**

AMERICAN HEALTH®

good health made simple®

AmericanHealthUS.com

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. ©2013 American Health 2 AH 8245

One thing that helped Tanya Horner and Mary Koch lose weight was to train for a new 6K walk/run event that local brewer Schell organized. There used to be just one road race in town. There are now eight.

at fast-food places. As for exercise? "I tell them, park at the farthest end of the rest area, go to the bathroom, walk around the whole rest area, a big loop, it will take you 10 minutes to get back to your truck. Do that three times, and you've gotten in your 30 minutes," she says.

J&R Schugel's truck drivers and office workers are starting to show improvements in their health: metabolic syndrome has been reduced by 3 percent and overweight has declined by 3 percent. "If our company can show any success—a high-stress environment with a lot of tobacco use, sedentary lifestyle and eating on the run—imagine what you can do in your office," Peck says.

With their motto, "a well-driver is a safe driver," the company sees employee health as part of its duty. "We're spending more time with employees than they do with their family. And if we don't have a positive impact on some choices in their life, shame on us!" Peck declares. "We are the best opportunity to learn about healthy eating."

Changing for Good

On a day last August, Tanya Horner and her mom pull back wood spindled chairs and sit at a white-clothed table in the New Ulm Turner Hall, surrounded by muted murals of European castles. Once a month, the two splurge on a meal at the club. Mary Koch orders the black bean burger and Horner gets a salad at the salad bar. Today though, she notes, "There are two pita sandwiches that I want to try: Moroccan Chicken Pita is one. They also offer a side salad instead of fries—that's new."

In fact, the Turner Hall menu has been completely revamped. For its restaurant program, HONU's dietitians created a list of criteria for a bronze, silver or gold restaurant (offering a healthy side dish, like a steamed vegetable, or salads as a French fry substitute, or using olive oil instead of butter) and worked with restaurants to highlight heart healthy menu items, and then create even healthier ones.

Turner Club manager Virginia Suker Moldan was skeptical when she first

$10 million How much New Ulm may save over 10 years if it cuts the number of heart attacks by just one-quarter.

478,632 Total number of additional servings of fruits and vegetables Heart of New Ulm participants ate in a year.

talked to Boucher and others in 2009. "It sounded like a fine idea but I didn't think it would work here," she remembers. "We have an older demographic; we're known for having humungous portions of both American and German food."

Two years later, much has changed and she proudly displays the made-over menu, complete with salads and heart-healthy fish. "I don't know when it seemed to be cost-effective to [take part in HONU], but suddenly it was. We were starting to lose customers because we had this heavy meat-and-potato menu. When we started adding salads, I was blown away at how many we went through. It was like somebody flipped a switch. HONU has changed the town."

Horner and Koch have changed how they cook and eat at home too. Koch stopped mindless snacking and started planning and cooking healthy meals. "We use shredded zucchini now as noodles," says Horner. They go on to talk about using ground cauliflower as rice; this amazing grilled tuna steak with veggies that they made.

The mother and daughter could talk all day about food—healthy food—and how to buy it, how to cook it, how to eat it. But exercise was their biggest challenge. "Last winter it was so cold, we were not getting our exercise," said Horner. HONU started sponsoring free nights at the indoor walking track. "So we started doing those twice a week and challenging ourselves to run the corners. It would be packed some nights: young people, college students, some elderly folks, everyone."

Just as important is the community mindset: the mother and daughter keep each other in check. "I mean, put that chocolate bar down *now!*" says Horner, with a laugh. And they forgive themselves when they slip up.

After months of eating better, exercising and just generally changing her life, Horner remembers her first big triumph. "About 30 pounds in, I noticed that my throat was really sore. I came in to the hospital and said, 'My CPAP [sleep apnea machine] isn't working.' The doctor said, 'You can just put that thing in the closet, you don't need it anymore,'" she remembers. "I was ecstatic. Nervous, but ecstatic. That's been awesome, not having to lug that thing around anymore."

Her mother concurs. "I just had my cholesterol tested," Koch said. "I dropped 10 points. My goal was my cholesterol, because I don't want to take pills." Her BMI has also dropped another 5 points.

"And my blood pressure has dropped," Horner added. "Now it's on the low side of healthy."

As the conversation continues, mother and daughter talk about how far they've come. Eating right, finding their passion for healthier foods, supporting each other, trying new things. "I want to lose about another 35 pounds," says Horner. "I'm still losing, it's just slow."

"Well, I think it's slowed down because we aren't so geared to 'Let's lose the weight,' we're geared towards health. We're still trying to lose but in a much more sustainable way," says Koch with a laugh.

Inspired by HONU, the duo walked their first 6K, the Schell Brewery Lager Lauf, last May. HONU helped the brewery get that event off the ground. Prior to HONU, only one annual walk/run was held in New Ulm. Now there are eight.

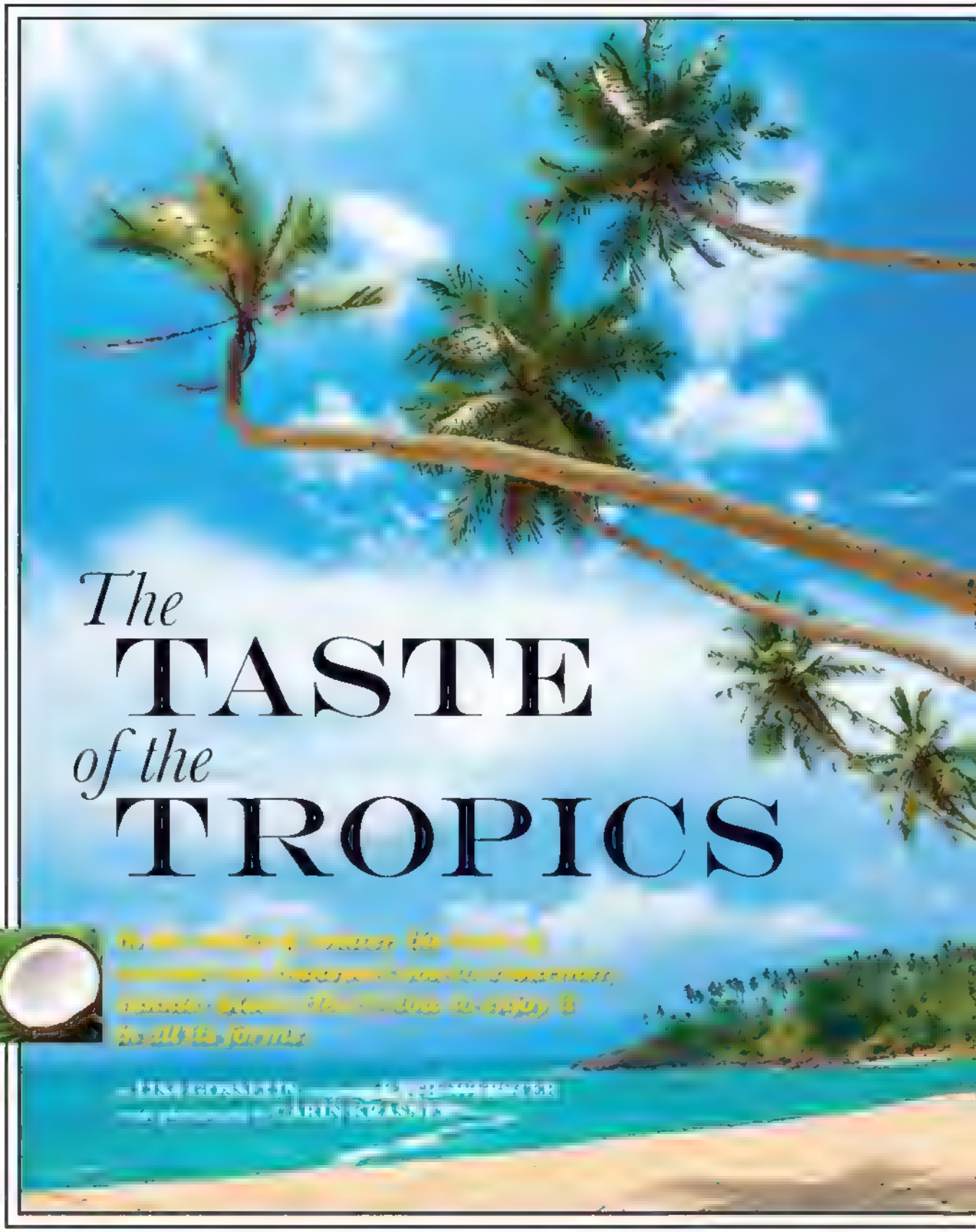
"The run/walk events here have been promoted as fun things, not races," said Koch. "Because for people like us who just want to stay healthy, you don't want to do the race as a competitive thing."

"Yeah," says Horner, skeptically, pointing a thumb at her mom. "And as she's booking up that hill, she's saying, 'Don't let the old lady kick your butt!'"

After all, a *little* competition can be healthy.

RACHAEL MOELLER GORMAN
wrote the feature "Solving the Sugar Puzzle" for the September/October 2012 issue of EatingWell.

Goodness, Gracious.
Once Again
Organic
Sunflower Seed
Butter
Scan this QR code for more recipes!
Raspberry-Granola Pancakes
Find Once Again products at your local co-op or natural products store.
1 cup flour
2 tbsp granulated sugar
1½ tbsp baking powder
½ tsp salt
1 cup milk
1 large egg
⅓ cup Once Again Organic Sunflower Seed Butter
2 tbsp butter, melted
1 tsp vanilla extract
½ pint fresh raspberries, chopped
1 cup vanilla granola, without dried fruit or nuts
Pan spray
Vegetarian
Whisk together the flour, sugar, baking powder, and salt in a bowl. Whisk together the milk, egg, sunflower seed butter, butter, and vanilla in a separate bowl. Add the wet ingredients to the dry ingredients, stirring just enough to combine. Gently fold in the raspberries and granola. Break up any large pieces of granola before adding. The batter will be thick. Heat a nonstick pan or griddle over medium-low heat. The pan should not be very hot or the fruit will burn before the pancakes are cooked. Spray the pan with pan spray. Add scant ¼ cups of batter to the warm pan, spreading the batter slightly with the back of a spoon. Cook slowly until the edges are dry and the bottom is deep golden brown. Flip, flatten gently with a spatula, and continue cooking until the other side is deep golden brown. Serve immediately with maple syrup. Enjoy!
NUTRIENTS PER SERVING (12 servings): CALORIES: 153, TOTAL FAT: 6.1g, SAT. FAT: 1.8g, CHOLESTEROL: 21.0mg, SODIUM: 337mg, CARBS: 21g, FIBER: 2.4g, SUGARS: 5.3g, PROTEIN: 4.5g.
At Once Again, we love what we do, and we think you'll love this pancake recipe! To learn more about us, visit our site and check us out on your favorite social media site.
www.OnceAgainNutButter.com



The TASTE *of the* TROPICS

"One of these nuts is a meal for a man, both meat and drink"

- MARCO POLO -

I was a 5-year-old, smothered in sunscreen, playing in the shade of a Caribbean palm, when I saw my first coconut. Or heard it, actually: a *plunk!* and a giant greenish-brown globe, the size of a soccer ball, rolled within feet of my towel. Like everything on this vacation—the powdery sand, the toy-blue sea, the blinkingly bright tropical sun—it was something new, to be explored. I rolled it down the beach to my mother. "You found a coconut!" she cried with delight.

Until then, I only knew coconut as the sweet snowy flakes that frosted cupcakes, the chewy filling of Mounds bars, the sun-washed scent of Coppertone. Later, I came to love its lush flavor in rummy piña coladas, its cooling magic in Indian curries, its sticky sweetness in Balinese rice puddings. It was an extravagant taste, a creamy treat that always conjured the rustle of palm fronds and lapping waves.

That day we brought the giant orb up from the beach to our bungalow where my dad asked a boy with a

machete to crack the shell open. There was the hairy "nut" I recognized from pictures in *The Jungle Book*. He snapped it in two, forming cups. We drank the sweet water inside and, with a knife, the boy carved out oily little white chunks, "meat" he called them, that tasted nothing like what I had expected. I chewed the oily flesh, then held my hand out for more. "It's as rich as candy," my mother cautioned. "You only need a little bit."

Today, I still want more. But despite all the claims about coconut as a health food, I am careful with it because it is high in calories and saturated fat. So I'm learning to use the various parts of this fruit (and yes, it's a fruit, not a nut) judiciously. In these amazing recipes by Katie Webster, a can of "lite" coconut milk folds into a heady Chicken Coconut Curry. Cold coconut water gives a splash of freshness to a mango smoothie and coconut flakes coat a delicate chocolate truffle.

And occasionally, I'll still find the whole coconut at a market, bring it home, roll it around and dream of palms, sun and sand.

Baked Coconut Shrimp with Tangelo Salsa

Makes: 6 appetizer servings, 4 shrimp & ⅓ cup salsa each
Active time: 45 minutes **Total:** 45 minutes

A sweet-and-sour citrus salsa complements the toasty coconut crust on these sassy little shrimp. Serve them as a plated first course with the tangelo salsa or as a passed hors d'oeuvre. Be sure to use unsweetened shredded coconut or the dish will be too sweet—look for it near other baking supplies or in bulk at natural-foods stores or well-stocked supermarkets.

- 2 cups chopped peeled tangelos, such as Minneola, or tangerines
- ⅔ cup chopped red bell pepper
- ¼ cup chopped fresh cilantro
- 1 scallion, chopped
- 2 teaspoons minced fresh jalapeño pepper, or more to taste
- 1 teaspoon kosher salt, divided
- 2 large eggs
- ⅓ cup all-purpose flour
- 1½ teaspoons paprika
- ½ teaspoon garlic powder
- 1¼ cups unsweetened shredded coconut
- 1 pound raw shrimp (21-25 per pound; see *Tip*, page 94)

1. Preheat oven to 450°F. Coat a large baking sheet with cooking spray.
2. Combine tangelos (or tangerines), bell pepper, cilantro, scallion, jalapeño and ¼ teaspoon salt in a food processor or blender. Pulse to form a chunky salsa. Set aside.
3. Beat eggs in a small dish. Whisk flour, paprika and garlic powder in another small dish. Combine coconut and the remaining ¾ teaspoon salt in a third dish.
4. Peel shrimp, leaving the tails on. Butterfly the shrimp by cutting halfway through the back, stopping at the tail, so they will stand tail up. Dredge the shrimp in the flour mixture. Dip in the egg and then coat with coconut, leaving the tail uncoated. Stand the shrimp tail-up on the prepared baking sheet. Discard any unused dipping mixtures.
5. Bake the shrimp until cooked through and the coating is starting to brown, 10 to 12 minutes. Serve the shrimp with the salsa.

Per serving: 203 calories, 10 g fat (7 g sat, 1 g mono), 157 mg cholesterol, 15 g carbohydrate, 0 g added sugars, 14 g protein, 4 g fiber, 329 mg sodium, 324 mg potassium. **Nutrition bonus:** Vitamin C (64% daily value), Vitamin A (27% dv)

FOOD STYLIST: KAREN BELLING • PREP STYLIST: JEN WONG • PROPS: MARIANNE ROSEN • PROP STYLIST: SARA DAN • SHUTTERSTOCK.COM/PAGE 64 ANTON GVOZDIKOV • SHUTTERSTOCK.COM/PAGE 64 ANNA OMELCHENKO

COCONUT FLAKES

COCONUT
WATER

To toast coconut for these truffles, place in a small dry skillet and cook, stirring often, until golden, about 3 minutes, or spread in a shallow baking dish and bake at 350°F until light golden and fragrant, 8 to 10 minutes.

Coconut-Dark Chocolate Truffles

Makes: about 40 truffles
Active time: 1 hour **Total:** 4-5 hours (including chilling time)
To make ahead: Store airtight in the refrigerator for up to 1 week.

Coconut macaroons meet chocolate truffles in these little treats. Inside the snap of the dark chocolate shell lies the tender coconut filling, a mix of naturally sweet dates, cocoa and coconut flour. Look for coconut flour near other gluten-free flours.

- 2 cups whole dates, pitted and coarsely chopped (16-18 large)
- 1 cup boiling water
- 1 teaspoon vanilla extract
- ¼ teaspoon salt
- ¾ cup coconut flour
- 2 tablespoons unsweetened cocoa powder
- 10 ounces bittersweet chocolate, chopped (about 1⅔ cups)
- 1½ cups unsweetened shredded coconut, toasted (*see Tip, above*)

1. Place dates in a small bowl. Pour boiling water over them and let stand until cool, about 40 minutes. Transfer the dates and liquid to a food processor. Add vanilla and salt and puree until smooth, scraping down the sides once or twice. Add coconut flour and cocoa and process, scraping the sides occasionally, until a thick doughlike paste forms. Refrigerate until very cold, 2 to 3 hours.
2. Line a baking sheet with parchment paper or foil. Using 2 teaspoons per truffle, roll the mixture into about 40 balls.
3. Place half the chocolate in a microwave-safe bowl and microwave in 30-second bursts, stirring in between, until it is about half melted. Remove from the microwave and continue stirring until completely melted. Place coconut in a shallow dish.
4. Add about 4 date balls at a time to the melted chocolate. Working quickly, use 2 forks to roll each ball in the chocolate until coated. Use a fork to transfer the truffles one at a time to the coconut, letting excess chocolate drip off first. Sprinkle with coconut to coat. Transfer to the prepared baking sheet.
5. When the first batch of chocolate is gone and about half the date balls are coated, melt the remaining chocolate and coat the remaining balls with chocolate and coconut. Transfer the baking sheet to the refrigerator and chill until the chocolate is set, about 1 hour.

Per truffle: 82 calories; 4 g fat (3 g sat, 0 g mono); 0 mg cholesterol; 12 g carbohydrate; 3 g added sugars; 1 g protein; 3 g fiber; 21 mg sodium; 69 mg potassium.

COCONUT FLOUR

Coconut flour is a healthy way to add decadent flavor to baked goods. It packs a whopping 5 grams of fiber per 2 tablespoons (with only 2 grams of total and saturated fat). It's good for diabetics, too: Adding coconut flour to baked goods lowers the glycemic index (a measure of the rate that a food increases blood sugar). —K.A.

Creamsicle Breakfast Smoothie

Makes: 2 servings, 1¾ cups each
Active time: 5 minutes **Total:** 5 minutes

- 1 cup cold pure coconut water, without added sugar or flavor
- 1 cup nonfat vanilla Greek yogurt
- 1 cup frozen or fresh mango chunks
- 3 tablespoons frozen orange juice concentrate
- 2 cups ice

Blend coconut water, yogurt, mango, orange juice concentrate and ice in a blender until smooth.

Per serving: 189 calories; 1 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 34 g carbohydrate; 5 g added sugars; 13 g protein; 3 g fiber; 173 mg sodium; 604 mg potassium. **Nutrition bonus:** Vitamin C (110% daily value). Folate (20% dv), Calcium, Potassium & Vitamin A (18% dv).

Coconut meat and coconut oil are solid at temperatures below 76°F. To melt solidified coconut meat or oil, remove the lid and place the container in a bowl of very hot water; stir frequently until melted.

COCONUT MEAT

less

than

4 grams of fat per serving

Banana-Coconut Dairy-Free Ice Cream

hmf

Makes: 12 servings, about ½ cup each
Active time: 15 minutes **Total:** 15 minutes (plus 12+ hours banana-freezing time)
To make ahead: Store airtight in the freezer for up to 1 week.

- **8 very ripe bananas**
- **½ cup melted coconut meat (*see Tip, above*), such as coconut butter or coconut manna**
- **½ cup "lite" coconut milk**
- **¼ cup agave syrup *or* honey**
- **Pinch of salt**
- **¼ cup unsweetened shredded coconut, toasted (*see Tip, page 67*), plus more for garnish**

1. Peel bananas and cut into quarters. Freeze in an airtight container until completely frozen, at least overnight.
2. Place frozen banana pieces, coconut meat, coconut milk, agave (or honey) and salt in a food processor fitted with a metal blade. Pulse and process until smooth, scraping down the sides as needed. Add shredded coconut and pulse just until combined. Serve immediately as soft ice cream, garnished with coconut (if desired). Or transfer to an airtight container and freeze until firm. Let stand at room temperature for 5 minutes before scooping.

Per serving: 171 calories, 8 g fat (7 g sat, 0 g mono), 0 mg cholesterol, 26 g carbohydrate, 5 g added sugars, 2 g protein, 4 g fiber, 19 mg sodium, 291 mg potassium

COCONUT MILK

Coconut milk is made from a blend of coconut meat and water. But don't confuse it with the canned coconut water. Rich and thick and somewhat like cream in texture, coconut milk packs a caloric punch: 445 calories and 48 grams of fat (43 grams saturated) per cup. That's where "lite" coconut milk comes in, although traditional coconut milk is used in Thai recipes that call for a large amount of coconut milk, as it holds its shape and texture better when cooked.

Chicken Coconut Curry

Thai

Makes: 6 servings, about 1½ cups each
Active time: 50 minutes **Total:** 1 hour
Cost per serving: under $3.50

- 1½ pounds boneless, skinless chicken breast, cut into bite-size cubes
- 6 teaspoons curry powder, divided
- ¾ teaspoon salt, divided
- 2 tablespoons coconut oil or canola oil, divided
- 1 large yellow onion, chopped
- 1 tablespoon chopped garlic
- 1 14-ounce can "lite" coconut milk
- 1 14-ounce can reduced-sodium chicken broth
- 4 cups 1-inch chunks Yukon Gold potatoes (about 3 medium)
- 1 cup sliced carrots
- ½ cup chopped celery
- ¾ cup frozen peas
- ¼ cup chopped fresh cilantro
- 1 tablespoon packed brown sugar

1. Place chicken in a medium bowl. Sprinkle with 1 teaspoon curry powder and ¼ teaspoon salt; toss to coat. Heat 1 tablespoon oil in a large Dutch oven over medium-high heat. Add chicken and cook, stirring once or twice, until mostly browned, 6 to 8 minutes. Transfer to a plate.
2. Heat the remaining 1 tablespoon oil in the pot and add onion and garlic. Cook, stirring often, until the onion is starting to soften, 2 to 4 minutes. Stir in the remaining 5 teaspoons curry powder and cook, stirring, until fragrant but not browned, 30 seconds to 1 minute. Add coconut milk, broth, potatoes, carrots, celery and the remaining ½ teaspoon salt and bring to a boil over high heat, stirring often. Reduce heat to medium-low to maintain a gentle simmer and cook, stirring occasionally, until the potatoes and carrots are tender, 10 to 12 minutes.
3. Return the chicken to the pot and add peas. Increase heat to high and continue cooking until the chicken is cooked through, 4 to 5 minutes more. Remove from the heat and stir in cilantro and brown sugar.

Per serving: 346 calories, 12 g fat (8 g sat, 1 g mono), 63 mg cholesterol, 31 g carbohydrate, 2 g added sugars, 29 g protein, 5 g fiber, 574 mg sodium, 934 mg potassium. **Nutrition bonus:** Vitamin A (77% daily value), Vitamin C (29% dv), Potassium (27% dv), Iron & Magnesium (16% dv)

COCONUT OIL

Coconut oil was once a heart-health "don't" thanks to its 87 percent saturated-fat content. Solid at room temperature, it's now making a comeback in some packaged foods. While it may be marketed as helpful for cholesterol levels, some nutrition experts disagree. "Coconut oil contains a mixture of saturated fatty acids, some of which don't adversely affect cholesterol levels," says Joy Dubost, Ph.D., R.D., a spokesperson for the Academy of Nutrition and Dietetics. "But while its predominant saturated fat—lauric acid—does raise beneficial HDL cholesterol, it also raises harmful LDL cholesterol, which can increase the risk of heart disease." In this recipe we use it sparingly, in place of butter or other oils. - K.A.

Coconut-Carrot Morning Glory Muffins

h•f

Makes: 1 dozen muffins
Active time: 20 minutes **Total:** 1 hour
To make ahead: Individually wrap in plastic and store at room temperature for up to 3 days or freeze for up to 3 months. To reheat, remove plastic, wrap in a paper towel and microwave on High for 30 to 60 seconds.
Equipment: Muffin tin with 12 (½-cup) cups

These carrot-flecked, whole-grain muffins can be made ahead so you can hit the ground running on a busy morning. Add a nonfat latte and your day will be off to a healthy start. Look for coconut oil, in jars or tubs, near other cooking oils in large supermarkets, in the natural-foods section, or in natural-foods stores.

- 1 cup whole-wheat or white whole-wheat flour
- ½ cup old-fashioned rolled oats, plus 2 tablespoons for garnish
- 2 teaspoons baking powder
- 2 teaspoons ground cinnamon
- ½ teaspoon salt
- ¾ teaspoon ground allspice
- 2 large eggs
- 1 cup unsweetened applesauce
- ½ cup honey
- 2 teaspoons vanilla extract
- ¼ cup coconut oil, melted if necessary (*see Tip, page 68*)
- 2 cups shredded carrots
- ½ cup unsweetened shredded coconut, plus 2 tablespoons for garnish
- ½ cup raisins

1. Preheat oven to 350°F. Coat a 12-cup muffin tin with cooking spray.
2. Whisk whole-wheat flour, ½ cup oats, baking powder, cinnamon, salt and allspice in a medium bowl.
3. Whisk eggs, applesauce, honey and vanilla in a large bowl. Whisk in coconut oil. Gently stir in the flour mixture just until moistened. Fold in carrots, ½ cup coconut and raisins.
4. Divide the batter among the muffin cups. Sprinkle with the remaining 2 tablespoons each oats and coconut.
5. Bake the muffins until they spring back when lightly touched and a toothpick inserted in the center comes out with only moist crumbs attached, 30 to 35 minutes. Let stand in the pan for 10 minutes before turning out onto a wire rack. Serve warm or at room temperature.

Per muffin: 186 calories; 8 g fat (6 g sat, 1 g mono); 31 mg cholesterol; 28 g carbohydrate; 7 g added sugars; 4 g protein; 3 g fiber; 206 mg sodium; 193 mg potassium. **Nutrition bonus:** Vitamin A (63% daily value).

advertisement

LivingWell

Happy New Year, Happy New You!

EIGHT O'CLOCK

"GOURMET ADVENTURE" SWEEPSTAKES

Enjoy the smooth, rich journey of Eight O'Clock® Coffee, one cup at a time. America's original gourmet coffee is giving away a grand prize trip to a top destination known for its gourmet flavors.

Runner up prizes will include a Keurig® brewer or Cuisinart Grind and Brew™, as well as Eight O'Clock® Coffee products.

Enter for your chance to win a cash prize towards a gourmet culinary experience at EatingWell.com/w_coffee

NO PURCHASE NECESSARY TO ENTER OR WIN. Subject to Official Rules at www.eatingwell.com/wncoffee. The Eight O'Clock Coffee "Gourmet Adventure" Sweepstakes begins at 12:01 a.m. CT on 12/01/12 and ends at 11:59 p.m. CT on 2/3/13. 13 Open to legal residents of the 50 United States, and the District of Columbia. 21 years or older. Limit one (1) entry per person and per email address per day per site. Void where prohibited. Sponsor: Meredith Corporation

BENEFIT FROM OMEGA-3s

Carlson Norwegian fish oils are an excellent source of the important omega-3s EPA & DHA. Their award-winning flavors are delicious on their own or mixed into your favorite recipes! Visit carlsonlabs.com.

INDULGE IN A CAUSE

Endangered Species Chocolate introduces Dark Chocolate with Sea Salt & Almonds and Dark Chocolate with Cherries to the 3oz. Natural Chocolate Bar line. Learn more at chocolatebar.com.

ADD NUTRITION & FLAVOR

King Arthur Flour whole flax meal is made for superior taste and performance. Its light, golden color and mild flavor makes it easy to enjoy in nearly everything you make! Visit kingarthurflour.com/flax

Visit EatingWell.com/go/livingwell for information on events and offers

INTRODUCING

NATURE BOX

HEALTHY SNACKS, DELIVERED.

DID YOU KNOW that Americans eat almost 25% of their calories from snacks?

Make calories count with a FULL box of healthy, incredibly delicious snacks from NatureBox! Each month brings exciting, new treats delivered to your door. **Save time and avoid processed junk food snacking!**

DON'T WAIT!

GET $5.00 OFF YOUR FIRST BOX!

Code: EWELL at www.TryNatureBox.com

I'll never forget the moment in a Weight Watchers meeting when the conversation turned to "The Soup." Everyone in the room, it seemed, owed their success to the Garden Vegetable Soup recipe in the program booklet. Words like "easy," "yummy" and "filling" kept coming up, and the best ones of all: "virtually calorie-free." I practically sprinted home to make it that night.

The soup was simplicity itself: carrots, onions, cabbage, tomato and spinach simmered with seasonings in broth. It tasted fantastic. And it worked. I ate the soup for lunch most days (and for dinner some busy nights) and lost 15 pounds in a few months without feeling deprived.

Soon I was experimenting with different vegetables, flavors and recipes from *minestrone* to *menudo*. Sometimes I added beans or a little meat to give the soups a shot of protein-rich staying power. I brought them to potlucks, rarely letting on that they were my go-to low-cal staples (and the main reason those 15 pounds stayed off).

Fast-forward to a few years ago, when I spotted a woman loading her cart with canned vegetable soups at the supermarket. "These are my meals for the next month," she joked to the cashier. "I have to lose 10 pounds for my daughter's wedding." Inspiration struck. Why not make my fresher, better-tasting (and far less salty) soups a business?

TURN TO PAGE 4
TO FIND OUT HOW

ER SOUPS

Simmer up a batch of one of these soul-warming soups. They're packed with vegetables and nutrients, low in calories and hearty enough to fuel your day.

By JOYCE HENDLEY

PETER ARDITO

I started sharing my soups with health-conscious friends who began to tell their friends—and eventually "Veggilicious Soups to Go" was born. Now I have a small business where I simmer up some 20-odd types of soup, delivering locally to folks like my neighbor Anne who crave what she calls "comfort food without the guilt."

Along the way I've learned something else about soup: It's the best way to serve up vegetables so people who aren't crazy about them. When nutrient-rich kale, spinach or beets are sautéed with aromatics and herbs and topped in a savory broth, they become something altogether different—and irresistible.

See for yourself how Moroccan Lentil, fragrant with cumin and coriander, will keep you full and happy. Or maybe you're in the mood for the simple comforts of Mushroom-Beef Noodle? All of the following soups provide at least two servings of vegetables in every bowlful. Simmer up a batch on a weekend and you'll have healthy meals on tap all week long.

No matter how you dish it up, your own homemade soup is fresher and better than the canned stuff. Or as I put it another way, it's pure veggilicious.

Joyce Hendley is the co-author of the James Beard Award–winning cookbook The Facing Well Diet.

LOADS OF VITAMIN A TO KEEP EYES HEALTHY PLUS ALMOST 3 SERVINGS OF VEGGIES

Italian Wedding Soup

h×w h≠f h∨h

Makes: 8 servings, about 1¾ cups each with 4 meatballs
Active time: 1 hour **Total:** 1½ hours
To make ahead: Refrigerate for up to 3 days or freeze for up to 6 months; top with cheese just before serving.
Cost per serving: under $3

This is Italian comfort food at its best, and lends itself to countless variations. Substitute spinach, chicory, chard or any other leafy green for the escarole or kale, and any leftover cooked (or canned) beans for the white beans.

Meatballs

- 1 pound ground turkey breast
- 1 cup fresh whole-wheat breadcrumbs (*see Tip, page 94*)
- 1 large egg, lightly beaten
- ⅓ cup finely chopped fresh parsley
- 2 cloves garlic, minced
- 1 tablespoon Worcestershire sauce
- ½ teaspoon crushed fennel seeds
- ⅛ teaspoon freshly ground pepper
- ¼ teaspoon salt
- 2 teaspoons extra-virgin olive oil
- ½ cup dry white wine

Soup

- 1 tablespoon extra-virgin olive oil
- 1 cup chopped onion (1 medium)
- 1 cup chopped carrots (2 medium)
- 1 cup chopped celery (2 medium stalks)
- 4 cups chopped cabbage (about ½ small head)
- 8 cups low-sodium chicken broth
- 1 15-ounce can white beans, rinsed
- 8 cups coarsely chopped escarole *or* thinly sliced kale leaves (about 1 bunch)
- ½ cup freshly grated Romano cheese

1. **To prepare meatballs:** Combine turkey, breadcrumbs, egg, parsley, garlic, Worcestershire, fennel seeds, pepper and salt in a large bowl. Refrigerate for 10 minutes to firm up. With damp hands, shape the mixture into 32 (1-inch) meatballs (about 1 scant tablespoon each).
2. Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add the meatballs and cook, turning occasionally, until browned on all sides, 7 to 9 minutes. Remove from the heat and add wine, stirring gently to loosen any browned bits.
3. **To prepare soup:** Heat 1 tablespoon oil in a soup pot or Dutch oven over medium heat. Add onion, carrots and celery and cook, stirring, until the onion is translucent, 7 to 9 minutes. Add cabbage and cook, stirring, 5 minutes more. Stir in broth, beans, escarole (or kale) and the meatballs and any juice. Bring just to a boil, reduce heat to maintain a simmer and cook, stirring occasionally, until the vegetables are tender, 20 to 25 minutes. Top each portion with 1 tablespoon grated cheese.

Per serving: 253 calories; 10 g fat (3 g sat, 3 g mono); 65 mg cholesterol; 19 g carbohydrate; 0 g added sugars; 21 g protein; 6 g fiber; 532 mg sodium; 823 mg potassium. **Nutrition bonus:** Vitamin A (83% daily value), Vitamin C (37% dv), Folate (35% dv), Potassium (24% dv), Calcium (18% dv), Iron (15% dv).

Mushroom-Beef Noodle Soup

h×w h♥h

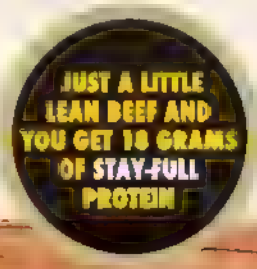
Makes: 8 servings, about 1⅝ cups each
Active time: 50 minutes **Total:** 1¼ hours
To make ahead: Prepare through Step 3 and refrigerate for up to 3 days; stir in noodles just before serving.
Cost per serving: under $3

You don't nee much beef in this homey soup, since mushrooms ..nd a little Worcestershire sauce give it plenty of savory flavor

- ½ ounce dried porcini mushrooms
- 1 cup boiling water
- 2 teaspoons canola oil
- 1½ cups chopped celery
- 1½ cups chopped carrots
- 3 cloves garlic, minced
- 1 pound cremini mushrooms, chopped
- 1½ cups chopped onion
- 1 pound boneless sirloin *or* flank steak, trimmed, cut into ¾-inch cubes
- 2 tablespoons tomato paste
- ½ cup dry red wine
- 1 tablespoon Worcestershire sauce
- 6 cups reduced-sodium beef broth
- 1 large turnip, peeled and cut into ½-inch dice
- 1 bay leaf
- ½ teaspoon dried thyme
- ½ teaspoon freshly ground pepper
- ¼ teaspoon salt
- 2 cups whole-wheat egg noodles, cooked
- ½ cup chopped fresh parsley *or* dill for garnish

1. Place porcini in a bowl, add boiling water and soak for 10 minutes to soften. Line a sieve with a paper towel, place over a bowl and strain, reserving the liquid; finely chop the porcini and set aside.
2. Heat oil in a soup pot or Dutch oven over medium heat. Cook celery, carrots and garlic, stirring frequently, until softened, 6 to 8 minutes. Transfer to a bowl. Add cremini and onion; cook over medium-high heat, stirring, until browned, 8 to 10 minutes. Transfer to the bowl.
3. Add steak to the pot and cook on medium-high, stirring occasionally, until beginning to brown, 3 to 5 minutes; add tomato paste and cook, stirring, for 30 seconds. Add wine and Worcestershire and cook until the sauce thickens slightly, about 30 seconds. Stir in the porcini and liquid, reserved vegetables, broth, turnip, bay leaf, thyme, pepper and salt; cover and bring to a boil. Reduce heat and simmer, covered, until the vegetables are tender, 25 to 30 minutes.
4. Discard the bay leaf. Stir in noodles. Garnish with herbs, if desired.

Per serving: 212 calories; 4 g fat (1 g sat, 2 g mono); 34 mg cholesterol; 23 g carbohydrate; 0 g added sugars; 18 g protein; 4 g fiber; 537 mg sodium; 783 mg potassium. **Nutrition bonus:** Vitamin A (84% daily value), Potassium (23% dv), Vitamin C (19% dv).



Southwestern Vegetable & Chicken Soup

how hif hvh

Makes: 8 servings, about 1⅛ cups each
Active time: 1 hour **Total:** 1¼ hours
To make ahead: Prepare through Step 4 and refrigerate for up to 3 days or freeze for up to 6 months; add cilantro and lime juice just before serving.
Cost per serving: under $2.50

Who wouldn't eat their vegetables when they're tucked into a fragrant broth with bits of tasty chicken and spiked with a shot of fresh lime and cilantro? Roasting the poblano peppers and garlic adds a smoky flavor that makes it all seem even richer. Serve with tortilla chips.

- 2 medium poblano peppers
- 2 teaspoons canola oil
- 12 ounces boneless, skinless chicken thighs, trimmed, cut into bite-size pieces
- 1½ cups chopped onion (1 large)
- 1½ cups chopped red or green bell pepper (1 large)
- 1½ cups green beans, cut into ½-inch pieces, or frozen, thawed
- 4 cloves garlic, minced
- 1 tablespoon chili powder
- 1½ teaspoons ground cumin
- 8 cups reduced-sodium chicken broth
- 1 15-ounce can black beans or pinto beans, rinsed
- 1 14-ounce can diced tomatoes
- 4 cups chopped chard or spinach
- 1½ cups corn kernels, fresh or frozen
- ½ cup chopped fresh cilantro
- ½ cup fresh lime juice, plus lime wedges for serving

1. **To roast poblanos:** Position oven rack about 5 inches from the heat source; preheat broiler. Line the broiler pan with foil. Broil whole poblanos, turning once, until starting to blacken, 8 to 12 minutes. Transfer to a paper bag and let steam to loosen skins, about 10 minutes. When the poblanos are cool enough to handle, peel, seed, stem and coarsely chop; set aside.
2. Meanwhile, heat oil in a large soup pot or Dutch oven over medium-high heat. Add chicken and cook, turning occasionally, until lightly browned, 3 to 5 minutes. Transfer to a plate and set aside.
3. Reduce the heat to medium and add onion, bell pepper, green beans and garlic. Cook, stirring, until beginning to soften, 5 to 7 minutes. Stir in chili powder and cumin and cook, stirring, until fragrant, about 30 seconds. Stir in broth, beans, tomatoes and the chopped poblanos; bring to a boil. Reduce heat to maintain a simmer and cook, stirring occasionally, until the vegetables are tender, about 15 minutes.
4. Add the reserved chicken and juices, chard (or spinach) and corn; return to a simmer and cook for 15 minutes more to heat through and blend flavors.
5. Top each portion with 1 tablespoon each cilantro and lime juice; serve with lime wedges.

Per serving: 199 calories; 5 g fat (1 g sat, 2 g mono); 28 mg cholesterol; 25 g carbohydrate; 0 g added sugars; 15 g protein; 6 g fiber; 638 mg sodium; 794 mg potassium. **Nutrition bonus:** Vitamin C (140% daily value), Vitamin A (58% dv), Potassium (23% dv), Folate (18% dv), Iron (16% dv).

Moroccan Lentil Soup

h★w h♦f h♥h

Makes: 12 servings, about 1¼ cups each
Active time: 30 minutes **Total:** 1½ hours
To make ahead: Prepare through Step 2 and refrigerate for up to 3 days or freeze for up to 6 months; stir in cilantro and lemon juice just before serving.
Cost per serving: under $1

Like most soups, this one gets better with time, so make it a day ahead if you can—or try our easy slow-cooker variation.

- 2 teaspoons extra-virgin olive oil
- 2 cups chopped onions
- 2 cups chopped carrots
- 4 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground turmeric
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground pepper
- 6 cups vegetable broth or reduced-sodium chicken broth
- 2 cups water
- 3 cups chopped cauliflower (about ½ medium)
- 1¾ cups lentils
- 1 28-ounce can diced tomatoes
- 2 tablespoons tomato paste
- 4 cups chopped fresh spinach or one 10-ounce package frozen chopped spinach, thawed
- ½ cup chopped fresh cilantro
- 2 tablespoons lemon juice

1. Heat oil in a soup pot or Dutch oven over medium heat; add onions and carrots and cook, stirring occasionally, until softened, about 10 minutes. Stir in garlic and cook for 30 seconds. Add cumin, coriander, turmeric, cinnamon and pepper; cook, stirring, until fragrant, about 1 minute.
2. Add broth, water, cauliflower, lentils, tomatoes and tomato paste; bring to a boil. Reduce heat and simmer, partially covered, stirring occasionally, until the lentils are tender but not mushy, 45 to 55 minutes. Stir in spinach and cook until wilted, 5 minutes.
3. Just before serving, stir in cilantro and lemon juice.

Per serving: 152 calories; 1 g fat (0 g sat, 1 g mono); 0 mg cholesterol; 28 g carbohydrate; 0 g added sugars; 9 g protein; 9 g fiber; 618 mg sodium; 681 mg potassium. **Nutrition bonus:** Vitamin A (96% daily value), Folate (47% dv), Vitamin C (42% dv), Iron (23% dv), Potassium (20% dv).

Slow Cooker Variation. *Place all the ingredients except spinach, cilantro and lemon juice in a 5-quart (or larger) slow cooker and stir until well combined. Cook until the lentils are tender, 4 to 5 hours on High or 8 to 10 hours on Low. During the last 30 minutes, stir in the spinach. Just before serving, stir in cilantro and lemon juice.*

Studies show starting a meal with soup helps you eat fewer calories without feeling hungry.

Borscht with Beef

h✕w h♥h

Makes: 8 servings, about 1½ cups each
Active time: 40 minutes **Total:** 1¾ hours
To make ahead: Refrigerate for up to 3 days; garnish just before serving.
Cost per serving: under $2.50

THE DEEP RED OF THIS SOUP COMES FROM BETANIN, A POTENT ANTIOXIDANT

Even people who think they don't like beets love this vibrantly colored, vegetable-packed soup, inspired by the legendary one served at New York's Russian Tea Room.

- 4 teaspoons canola oil, divided
- 8 ounces sirloin or flank steak, trimmed, cut into ½-inch cubes
- 8 ounces mushrooms, sliced
- 4 medium beets (about 1 pound), peeled and shredded
- 1¼ cups shredded cabbage
- 1 cup shredded carrots
- 1 cup finely chopped onion
- 1 cup finely chopped celery
- ½ cup red wine
- 6 cups reduced-sodium beef broth
- 1 cup no-salt-added tomato sauce
- 1 tablespoon Worcestershire sauce
- ¼ cup chopped fresh dill, plus more for garnish
- ¼ cup reduced-fat sour cream

1. Heat 2 teaspoons oil in a large soup pot or Dutch oven over medium-high heat. Add steak and cook, stirring frequently, until beginning to brown, 2 to 4 minutes. Transfer to a bowl.
2. Add 1 teaspoon oil to the pot and heat over medium-high. Add mushrooms and cook, stirring, until beginning to brown, 3 to 5 minutes. Transfer to the bowl.
3. Add the remaining 1 teaspoon oil to the pot. Add beets, cabbage, carrots, onion and celery. Cook, stirring frequently, until beginning to soften, about 10 minutes. Add wine and cook, stirring and scraping up any browned bits. Stir in the reserved mushrooms, broth, tomato sauce and Worcestershire sauce. Cover and bring to a boil. Reduce heat to maintain a simmer and cook, covered, until the vegetables are tender, about 30 minutes.
4. Add the reserved beef. Simmer, covered, until heated through, 1 to 2 minutes. Stir in ¼ cup dill. Top each portion with 1 tablespoon sour cream and garnish with more dill, if desired.

Per serving: 154 calories; 5 g fat (2 g sat, 2 g mono); 25 mg cholesterol; 14 g carbohydrate; 0 g added sugars; 10 g protein; 3 g fiber; 427 mg sodium; 714 mg potassium. **Nutrition bonus:** Vitamin A (53% daily value), Vitamin C (24% dv), Potassium (21% dv), Folate (18% dv)

Save time by using store-bought broth or stock. To keep sodium in check, look for unsalted (also labeled no-salt-added), low-sodium (140 mg or less/cup) or reduced-sodium (about 70% less/cup).

ALMOST 4 SERVINGS OF VEGGIES + A HEALTHY BOOST OF CELL-BUILDING FOLATE

Veggistrone

hxw hrf hvh

Makes: 10 servings, 2 cups each
Active time: 1 hour **Total:** 1¾ hours
To make ahead: Prepare through Step 2 and refrigerate for up to 5 days or freeze for up to 6 months; finish Step 3 just before serving.
Cost per serving: under $2.50

This soup is inspired by a Weight Watchers veggie soup recipe that started my devotion to soups. It's so absolutely packed with vegetables I like to refer to it as megastrone. I make it, keep some in the fridge for up to 5 days and freeze the rest in single-serve portions. That way I'm always stocked with an easy, delicious vegetable starter (or main dish lunch). Think of it as a starting point for other soups, too: toss in leftover chopped cooked chicken or whole-wheat pasta or brown rice.

- 2 tablespoons extra-virgin olive oil
- 2 cups chopped onions (2 medium)
- 2 cups chopped celery (4 medium stalks)
- 1 cup chopped green bell pepper (1 medium)
- 4 cloves garlic, minced
- 3 cups chopped cabbage
- 3 cups chopped cauliflower (about ½ medium)
- 2 cups chopped carrots (4 medium)
- 2 cups green beans, cut into 1-inch pieces, or frozen, thawed
- 8 cups low-sodium vegetable broth or chicken broth
- 2 cups water
- 1 15-ounce can tomato sauce
- 1 14-ounce can diced tomatoes
- 1 15-ounce can kidney or pinto beans, rinsed
- 1 bay leaf
- 4 cups chopped fresh spinach or one 10-ounce package frozen chopped spinach, thawed
- ⅓ cup thinly sliced fresh basil
- 10 tablespoons freshly grated Parmesan cheese

1. Heat oil in a large soup pot or Dutch oven (8-quart or larger) over medium heat. Add onions, celery, bell pepper and garlic; cook, stirring frequently, until softened, 13 to 15 minutes. Add cabbage, cauliflower, carrots and green beans; cook, stirring occasionally, until slightly softened, about 10 minutes more.
2. Add broth, water, tomato sauce, tomatoes, beans and bay leaf; cover and bring to a boil. Reduce heat and simmer, partially covered, until the vegetables are tender, 20 to 25 minutes. Stir in spinach and simmer for 10 minutes more.
3. Discard the bay leaf. Stir in basil. Top each portion with 1 tablespoon cheese.

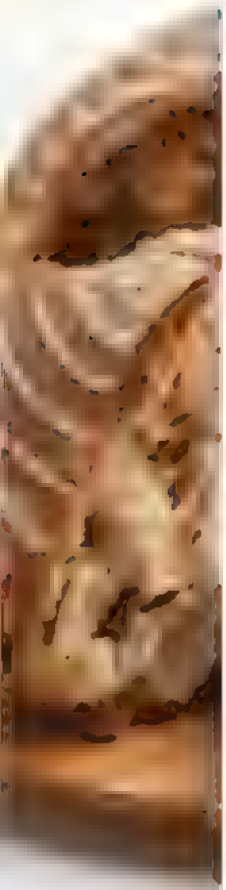
Per serving: 169 calories, 5 g fat (1 g sat, 3 g mono), 4 mg cholesterol, 25 g carbohydrate, 0 g added sugars, 7 g protein, 8 g fiber, 641 mg sodium, 718 mg potassium. **Nutrition bonus:** Vitamin A (123% daily value), Vitamin C (87% dv), Folate (23% dv), Potassium (21% dv), Calcium (16% dv).

Creamy WINTER Comfort

Chef John Ash shares his secret formula for rich, creamy dishes with a fraction of the calories and saturated fat

BY MELISSA PASANEN
RECIPES BY JOHN ASH
PHOTOGRAPHY BY KEN BURRIS

OLD-FASHIONED WINTER VEGETABLE CHOWDER



On cold winter nights on a Colorado ranch, Grandmother Maud bustled around her warm woodstove simmering up rib sticking meals like hearty winter vegetable chowder for a table full of family and ranch hands. Standing over the steaming pot, she would taste the sweet carrots and rutabaga and then pour in a generous pint of fresh cream. It's a scene that her grandson, renowned chef John Ash, remembers vividly. He would savor spoonfuls of the comforting soup, full of tender vegetables with a touch of smoky bacon. "It was so rich and creamy, it would warm me up all the way through," he says. "It still takes me back to childhood."

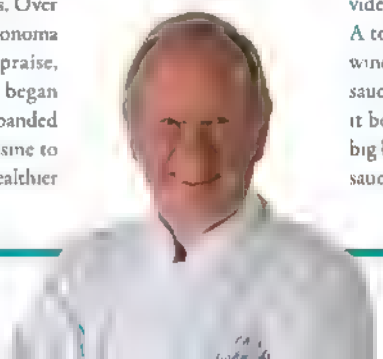
Cream has the power to transform something pedestrian into something extraordinary. This was a lesson reinforced for Ash when he traveled around Europe in his twenties. He took cooking classes in London and Paris and worked in the restaurant of a small family-run inn in Burgundy, France. There he learned that cream stirred into a bowl of garden peas or a sauce for a simple chicken breast or fish fillet added velvety texture and delicate sweetness that is hard to duplicate. Cream, unfortunately, also brought less-desirable things like calories and saturated fat.

"Most of us love rich, creamy sauces, but the butter and cream can be of concern," Ash acknowledges. Over the years, as Ash's eponymous Sonoma County restaurant gathered praise, he published cookbooks and began teaching, and his repertoire expanded beyond traditional French cuisine to include global influences and healthier cooking methods. "As I learned more about good nutrition, I was faced with the dilemma of how to cook in a healthier way without sacrificing flavor and texture," he says. "I started a lifelong search for ingredients and techniques to 'enrich' dishes without piling on fat and calories."

"As I learned more about good nutrition, I was faced with the dilemma of how to cook in a healthier way without sacrificing flavor and texture."

~ CHEF JOHN ASH ~

A prime example is his innovative low-fat creamless sauce, which he uses to replace the cream, butter or egg yolks often used to thicken and enrich recipes. Among the substitutions Ash tried, nothing delivered the ideal lush, creamy texture until he came up with an inspired twist on a French master sauce called *soubise*. Starting with a base of sautéed onions, Ash's simple technique leverages the starch of cooked rice to provide a surprising richness without any dairy. A touch of bright acidity from dry white wine rounds out the onion's sweetness. The sauce is made with pantry basics and then it becomes a pantry basic itself. "I make a big batch to keep on hand to use in soups, sauces or wherever cream is called for," Ash



says. While the sauce has its own appealing flavor, it is also remarkably flexible. "It's a blank canvas. You can flavor it in a million different ways."

Ash deploys his versatile low-fat sauce to create comforting creamy dishes like crusty baked macaroni and cheese, elegant "creamed" mushroom toasts and a company-worthy—but weeknight-quick—roasted red pepper sauce to dress up chicken or fish. His "Cream Sauce without the Cream" even works beautifully in an Italian-inspired tonnato sauce that you can toss with pasta or serve as a dip for crunchy vegetables. Try it as a base for chicken potpie or swirl it into soups like the satisfying bacon-flecked winter vegetable chowder adapted from Grandmother Maud's recipe. Even hungry ranch hands won't miss the cream

Melissa Pasanen *is the food editor of* Vermont Life *magazine.*

Cream Sauce without the Cream

Makes: about 6 cups
Active time: 30 minutes **Total:** 1 hour
To make ahead: Cover and refrigerate for up to 1 week or freeze for up to 3 months. Defrost overnight in the refrigerator or using the defrost setting on your microwave.

Here's the formula for making "cream sauce without the cream" to use in the following 5 recipes or as a replacement for cream in any of your favorite soups, pastas or sauces. This recipe makes a big batch, more than you'll need for one recipe, so refrigerate or freeze the extra to use for other recipes.

- 1 tablespoon extra-virgin olive oil
- 1 cup finely chopped onion
- ⅔ cup long- or medium-grain white rice
- 5 cups reduced-sodium chicken broth or "no-chicken" broth (*see Tip, below*)
- 1 cup dry white wine
- ¼ teaspoon salt, or more to taste
- Freshly ground pepper, preferably white

1. Heat oil in a large saucepan over medium heat. Add onion and cook, stirring, until soft but not browned, about 5 minutes. Add rice and cook, stirring, for 2 minutes more. Add broth and wine and bring to a boil. Cover and simmer until the rice is very soft and the liquid is greatly reduced, about 25 minutes. Cool slightly.
2. Transfer the mixture to a blender and puree, in batches if necessary, until smooth (*Alternatively, puree in the pot with an immersion blender.*) The consistency should be [illegible] broth or water as needed. Season with salt and pepper.

Per cup: 159 calories, 3 g fat (0 g sat, 2 g mono), 0 mg cholesterol, 22 g carbohydrate, 0 g added sugars, 5 g protein, 1 g fiber, 563 mg sodium, 259 mg potassium.

Creamy Wild Mushroom Toast Points

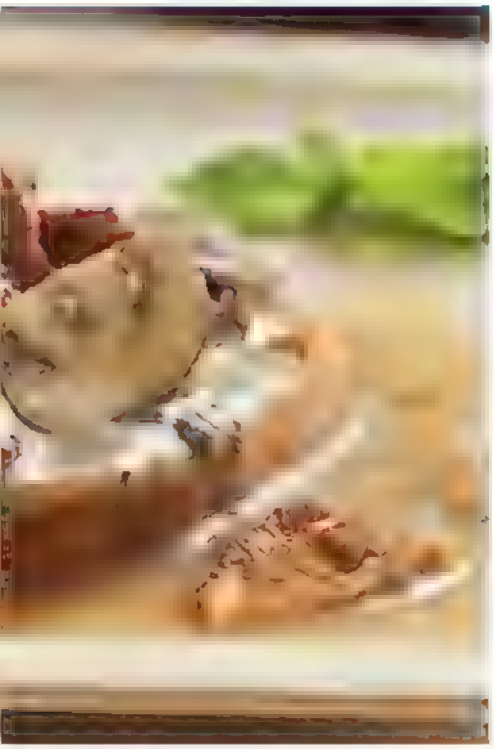
h☒w h♥h

Makes: 8 servings, 2 toasts each
Active time: 40 minutes
Total: 40 minutes

Serve these rich and savory mushroom toasts as a first course with a fork and knife. Wild mushrooms give the topping the best flavor, but any type of mushroom will work.

- 1 ounce dried porcini mushrooms
- 1 cup warm water
- 16 ¼-inch-thick slices baguette, preferably whole-wheat
- 2 teaspoons extra-virgin olive oil plus 2 tablespoons, divided
- ⅛ teaspoon salt plus ⅛ teaspoon, divided
- Freshly ground pepper to taste
- 12 ounces fresh wild mushrooms, such as morels or chanterelles, cleaned
- 3 tablespoons minced shallot or green onion
- 1 cup Cream Sauce without the Cream (*left*)
- 2 teaspoons Dijon mustard
- 1 tablespoon dry sherry, or to taste
- Fresh basil for garnish

1. Preheat oven to 400°F.
2. Place porcini in a bowl, add warm water and let soak for about 20 minutes.



3. Meanwhile, brush baguette slices with 2 teaspoons oil and season with ¼ teaspoon salt and pepper to taste. Arrange on a baking sheet and toast in the oven until lightly browned, 6 to 8 minutes. Set aside on the baking sheet until ready to serve.
4. Cut fresh mushrooms into 1-inch pieces. Line a sieve with a paper towel, place over a bowl and strain the porcini, reserve the liquid. Squeeze the porcini to remove excess water, then chop into ½ inch pieces.
5. Heat the remaining 2 tablespoons oil in a large skillet over medium heat. Add shallot (or green onion) and cook, stirring, for 1 minute. Add all the mushrooms and cook, stirring, until they begin to brown and the moisture has evaporated, about 5 minutes. (Add a few tablespoons of the mushroom soaking liquid if the mushrooms start sticking.) Transfer the mushrooms to a bowl. Add ½ cup of the reserved soaking liquid, Cream Sauce, mustard and sherry to the pan. Heat, stirring, just until the mixture starts to bubble. Return the mushrooms to the pan, season with the remaining ⅛ teaspoon salt and pepper to taste and gently stir until heated through.
6. To serve, top each toast with about 2½ tablespoons of the mushroom mixture and garnish with basil, if desired.

Per serving: 171 calories; 6 g fat (1 g sat, 4 g mono); 0 mg cholesterol; 26 g carbohydrate; 1 g added sugars; 5 g protein; 2 g fiber; 413 mg sodium; 222 mg potassium. **Nutrition bonus:** Iron (36% daily value)

Mac & Cheese hrf

Makes: 4 servings, about 1⅛ cups each
Active time: 25 minutes **Total:** 55 minutes **Cost per serving:** under $2

This homemade mac and cheese is topped with plenty of golden breadcrumbs. If you want to add a little flair, go for aged Gruyère instead of Cheddar and add extra ingredients like peas, chopped cooked mushrooms or chopped ham.

- 8 ounces (2 cups) whole-wheat elbow noodles or other small pasta
- 2½ cups Cream Sauce without the Cream (page 82)
- 1 cup shredded sharp Cheddar or Gruyère cheese
- Freshly ground pepper to taste
- Hot sauce to taste
- ¾ cup fresh whole-wheat breadcrumbs (see Tip, page 94)
- ¼ cup freshly grated Parmesan cheese
- 2 tablespoons finely chopped parsley
- 1 tablespoon extra-virgin olive oil

1. Preheat oven to 375°F. Coat a 6-cup (or similar-size) baking dish with cooking spray.
2. Bring a large pot of water to a boil. Add pasta and cook 3 to 4 minutes less than the package directions. Drain and transfer to the prepared baking dish.
3. Heat Cream Sauce in a medium saucepan over medium heat. Add Cheddar (or Gruyère) and stir until melted. Season with pepper and hot sauce. Pour the sauce over the pasta and gently stir to combine. Combine breadcrumbs, Parmesan, parsley and oil in a small bowl and sprinkle over the casserole.
4. Bake until the top is golden and the sauce is bubbling, about 30 minutes.

Per serving: 511 calories; 17 g fat (8 g sat, 7 g mono); 34 mg cholesterol; 64 g carbohydrate; 1 g added sugars; 23 g protein; 6 g fiber; 712 mg sodium; 328 mg potassium. **Nutrition bonus:** Calcium (32% daily value), Magnesium (22% dv), Zinc (21% dv), Iron (18% dv)

Tonnato Dip

Makes: about 2 cups
Active time: 10 minutes **Total:** 10 minutes
To make ahead: Cover and refrigerate for up to 2 days

This dip is inspired by "vitello tonnato," a classic Italian dish in which veal is served with a creamy tuna sauce. Here the tonnato is a dip for crunchy vegetables. Or try it tossed with pasta. The egg yolk in this recipe is not cooked, but you can use a hard-boiled egg yolk instead or a yolk from a pasteurized-in-the-shell egg

- 5-6 ounces canned chunk light tuna packed in olive oil
- ½ cup extra-virgin olive oil
- 3 tablespoons fresh lemon juice
- 4 anchovy fillets *or* 2 teaspoons anchovy paste
- 1 egg yolk (optional)
- 1 teaspoon minced garlic
- ½ cup Cream Sauce without the Cream (*page 82*)
- 3 tablespoons chopped rinsed capers
- ¼ cup minced fresh parsley
- Freshly ground pepper to taste

Combine tuna (with its oil), oil, lemon juice, anchovies (or anchovy paste), egg yolk (if using) and garlic in a blender or food processor; process briefly to puree. Transfer to a small mixing bowl and stir in Cream Sauce. Thin with a few tablespoons of water, if desired. Stir in capers and parsley. Season with pepper.

Per ¼-cup serving: 172 calories; 15 g fat (2 g sat, 11 g mono); 8 mg cholesterol; 2 g carbohydrate; 0 g added sugars; 6 g protein; 0 g fiber; 258 mg sodium; 38 mg potassium

Rice for Every Occasion

GLUTEN-FREE

LUNDBERG
FAMILY FARMS SINCE 1937

SUSTAINABLE

Lundberg Rice.
Delicious, sustainable, quality rice collections. Now in an easy-to-use re-closable stand-up pouch.

NON GMO Project VERIFIED

VEGAN

www.lundbergrice.com

Chicken with Red Pepper Cream Sauce

how how

Makes: 6 servings, 3 oz. chicken & ⅓ cup sauce each
Active time: 50 minutes **Total:** 50 minutes
To make ahead: Cover and refrigerate the sauce for up to 5 days or freeze for up to 3 months.
Cost per serving: under $2.50

Roasted red pepper and chipotle make this creamy sauce a beautiful red and give it a slightly sweet and smoky flavor. The sauce can be made ahead, then served with seared chicken, as we do here, or with grilled fish or ravioli.

- 1 large red bell pepper, halved
- 1 teaspoon extra-virgin olive oil plus 2 tablespoons, divided
- 1 cup chopped onion
- 1 tablespoon chopped garlic
- ½ teaspoon honey or sugar, or to taste
- 1-2 teaspoons minced chipotle pepper in adobo sauce (*see Tip, above*)
- 1 cup Cream Sauce without the Cream (*page 82*)
- 3 boneless, skinless chicken breasts (about 1½ pounds total), trimmed
- ⅛ teaspoon salt
- ¼ teaspoon freshly ground pepper
- Chopped fresh cilantro or scallion greens for garnish

1. Position rack in upper third of oven; preheat to 400°F
2. Rub bell pepper halves with 1 teaspoon oil and place cut-side down on a baking sheet. Roast until soft, about 10 minutes. Turn on broiler and, watching carefully, broil until the skin is charred in spots, 2 to 7 minutes, depending on your broiler. Let cool, then peel (it's OK if bits of charred skin remain). Chop the pepper.
3. Meanwhile, heat 1 tablespoon oil in a medium skillet over medium heat. Add onion and garlic and cook, stirring, until soft and just beginning to brown, about 5 minutes.
4. Place the roasted pepper, onion mixture, honey (or sugar), chipotle to taste and Cream Sauce in a blender; puree until very smooth. Adjust the consistency with additional Cream Sauce if desired. Return to the pan and warm over low heat.
5. Sprinkle chicken with salt and pepper. Heat the remaining 1 tablespoon oil in a large skillet over medium-high heat. Add the chicken, reduce the heat to medium and cook, turning once or twice, until browned on both sides and an instant-read thermometer inserted into the thickest part registers 165°F, 12 to 16 minutes total. Transfer to a clean cutting board, tent with foil and let rest for 5 minutes. Slice the chicken and serve with the sauce. Garnish with cilantro (or scallion greens), if desired.

Per serving: 236 calories; 9 g fat (2 g sat, 5 g mono); 63 mg cholesterol; 12 g carbohydrate; 1 g added sugars; 25 g protein; 2 g fiber; 500 mg sodium; 336 mg potassium. **Nutrition bonus:** Vitamin C (80% daily value), Vitamin A (23% dv)

Old-Fashioned Winter Vegetable Chowder

how how

Makes: 6 servings, 1⅓ cups each
Active time: 1 hour **Total:** 1¼ hours
To make ahead: Prepare through Step 3 and refrigerate for up to 3 days or freeze for up to 3 months. Reheat before proceeding with Step 4.
Cost per serving: under $2

This is a wonderful soup that my Grandmother Maud made often. It's rich and filling and great for a winter supper. This is a base to which all manner of other vegetables could be added, such as sauteed mushrooms or fennel, chopped tomatoes or roasted cubes of winter squash.

- ⅔ cup diced bacon or pancetta (about 4 ounces)
- 1 tablespoon extra-virgin olive oil
- 2 medium onions, chopped
- ½ cup diced carrot
- ½ cup diced celery
- 1 tablespoon chopped garlic
- ½ teaspoon fennel seed, crushed
- 1 teaspoon dry mustard
- 4 cups reduced-sodium chicken broth or vegetable broth
- 2 cups diced peeled Yukon Gold potatoes
- 2 cups diced peeled rutabaga
- 1⅓ cups Cream Sauce without the Cream (*page 82*)
- 1 cup shredded Monterey Jack, Cheddar or Parmesan cheese
- Freshly ground pepper to taste
- 3 tablespoons chopped fresh chives or scallion greens

1. Heat a heavy soup pot over medium heat and add bacon (or pancetta); cook, stirring occasionally, until browned, 4 to 6 minutes. Transfer to a paper-towel-lined plate; pour off all but 1 tablespoon of the fat in the pot.
2. Add oil, onions, carrot, celery, garlic and fennel seed. Cook, stirring occasionally, until the vegetables are tender and just beginning to color, about 5 minutes. Add dry mustard and cook, stirring, for 1 minute more. Add broth, potatoes and rutabaga and bring to a boil.
3. Reduce heat to maintain a simmer, cover and cook until the vegetables are tender but still hold their shape, 15 to 20 minutes. Mash a few of the vegetables against the side of the pot with the back of a spoon and cook for 2 minutes more to slightly thicken the soup.
4. Stir in Cream Sauce and heat until steaming but not boiling. Remove from heat; add cheese and stir until melted. Season with pepper. Serve topped with chives (or scallion greens) and the reserved bacon (or pancetta).

Per serving: 255 calories; 12 g fat (5 g sat, 5 g mono); 24 mg cholesterol; 25 g carbohydrate; 0 g added sugars; 12 g protein; 3 g fiber; 783 mg sodium; 682 mg potassium. **Nutrition bonus:** Vitamin A (41% daily value), Vitamin C (35% dv), Potassium (20% dv), Calcium (19% dv)

ENTER DAILY

WIN A $25,000 KITCHEN MAKEOVER

WIN $25,000 to create your dream kitchen, enter today at:
www.eatingwell.com/winkitchen

EatingWell
WHERE GOOD TASTE MEETS GOOD HEALTH

NO PURCHASE NECESSARY TO ENTER OR WIN. S[illegible]

Accept No Imitations!

Original Bragg's Organic Apple Cider Vinegar with the "Mother" A Proven Leader, Recognized and Trusted for nearly 100 years!

From BRAGG the Name you Trust!

- Certified Organic *with the "Mother"*
- Kosher Certified
- Raw & Unfiltered
- NON - GMO
- Gluten FREE
- No Preservatives or Additives

Proven the Best

Organic Apple Cider Vinegar

Since 1912 Bragg has been a leader in the health food industry under the leadership of Paul Bragg and his daughter Patricia Bragg. Paul was the original health advocate and educator of the benefits of Apple Cider Vinegar in America.

PATRICIA BRAGG N.D., Ph.D.
Pioneer Health Crusader
Author Nutritionist
to Hollywood Stars:
Clint Eastwood, Hanks, Seneck,
Clons Leachman,
Katy Perry, Beach Boys
& kept Conrac Hilton,
J.C. Penney &
Foot Dr. Scholl
going strong, healthy & fit to almost 100.

BRAGG
1912 2012

learn more online:
www.bragg.com

Healthy nutrients in every bite

Carlson Norwegian Fish Oils provide the important omega-3's DHA and EPA, which current medical research suggests support cardiovascular, brain and vision health. Pair Carlson fish oils with fresh, wholesome ingredients, and you've got a delicious and healthy meal the whole family will love.

Baked Tilapia with Spinach and Tomatoes

Ingredients:

2/3 cup quick cooking barley
4 tilapia fillets (6 ounces each)
5 tsp extra virgin olive oil
1/4 tsp salt
1/8 tsp black pepper
1 onion, chopped
2 cloves garlic, chopped
1 tsp dried basil
1/4 tsp dried thyme
4 medium tomatoes, seeded and chopped
6 cups baby spinach
2 tsp Carlson The Very Finest Fish Oil Lemon Flavor

Directions:

Preheat the oven to 425 degrees. Coat a large baking sheet with cooking spray. Bring 1 1/3 cups water to a boil over medium high heat. Stir in the barley and reduce the heat to medium low. Cover and simmer for 10 minutes or until barley is just tender. Remove from heat and let stand for 5 minutes.

Meanwhile, rub tilapia fillets with 2 teaspoons of the olive oil, and sprinkle with 1/2 of the salt and pepper. Place fillets on the baking sheet and bake for 10 minutes or until fish is opaque.

While fish bakes, heat the remaining olive oil in a large skillet over medium heat. Cook the onion, garlic, basil, and thyme for about 3-4 minutes, stir in the tomatoes and cook for 3 minutes, stirring occasionally, or until the tomatoes soften. Add the spinach and cook for 2 minutes, or until spinach is wilted. Sprinkle with the remaining salt.

Remove fish from oven and let sit for 1-2 minutes. To serve: divide the barley, tilapia, and spinach mixture among 4 plates, and drizzle each serving with 1/2 teaspoon lemon fish oil.

Serves 4

Please note: You cannot cook with fish oils because heat will damage the fragile oils. Fish oil can be added after cooking when the food has cooled.

Carlson

For more delicious recipes from Carlson visit **www.carlsonlabs.com**

Statements in this ad have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

test kitchen

tips • techniques • tools

Reinvent Meatloaf
There's a new way to make a great meatloaf. Purists focus on the meat, de-emphasizing the importance of the other fillers like breadcrumbs, vegetables and seasonings, but we look at meatloaf as an opportunity to sneak in some extra vegetables and whole grains and play with different flavors to give this classic a regular place on a healthy dinner table. Turn the page to see how we give meatloaf a modern makeover.

Basic Meatloaf

A Master Plan for a Healthier Meatloaf

In just 30 minutes you can throw together a killer meatloaf that has a fraction of the calories and saturated fat of a traditional recipe. (Our Basic Meatloaf, for example, saves you 170 calories and 6 grams saturated fat per serving.) To get started, pick a flavor combo you want to try (*opposite*) and follow our how-to instructions (*below*).

1 Add vegetables to meatloaf to improve the texture, boost nutrients and keep portions reasonable without many extra calories. Cook the vegetables first to reduce the liquid in the loaf and prevent it from crumbling.

How-to: Pulse up to 4 cups of raw ***Vegetables*** (*see the variations, opposite*) in a food processor until finely chopped (or finely chop them with a knife). Then, heat **1 tablespoon extra-virgin olive oil** in a large nonstick skillet over medium-high heat. Add the vegetables and cook, stirring occasionally, until most of the liquid evaporates, 5 to 10 minutes.

2 Use big bold flavorings (spices or condiments like ketchup, mustard or Worcestershire) to make healthy meatloaf taste great. For 2 pounds of meat add ¾ cup filler—anything from whole-wheat bread crumbs to brown rice—and an egg to help it all stick together.

How-to: Transfer the cooked vegetables to a large bowl and let cool, 10 minutes. Add ***Flavorings***, ***Filler*** (*see variations*) and **1 large egg** (lightly beaten) and stir to combine.

3 Gently knead the meatloaf ingredients just until combined—overmixed meatloaf is dense and less tender.

How-to: Add ***Meat*** (*see variations*) to the bowl with the seasoned vegetables. Using clean hands (or wearing gloves), gently knead the vegetable mixture into the meat.

4 Try making a freeform meatloaf on a baking sheet. A freeform loaf cooks about 15 minutes faster than one in a loaf pan.

How-to: Coat a rimmed baking sheet with cooking spray and pat the mixture into a loaf shape on the pan (about 12 by 5 inches) or put it in a 9-by-5-inch loaf pan coated with cooking spray. Cover with ***Topping*** (*see variations*). Bake at **375°F** until an instant-read thermometer inserted in the center registers 165°F, about 45 minutes (freeform) or about 1 hour (loaf pan). Sprinkle with ***Garnish*** (if using). Let rest 10 minutes before slicing.

Watch Us Make Meatloaf!
Food editor Jessie Price shows you how to cook a healthier meatloaf at eatingwell.com/go/meatloaf

5 Ways to Flavor Your

Meatloaf

Each meatloaf makes 10 servings.

Basic Meatloaf

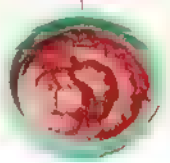
h×w h♥h

Vegetables:
1 large **onion**, 1 large **green bell pepper** and 2 large stalks **celery**, each cut into 2-inch pieces

Flavorings:
2 tablespoons **ketchup**, 2 tablespoons **Worcestershire sauce**, 1 tablespoon **whole-grain mustard**, 2 teaspoons **paprika**, 1 teaspoon **garlic powder**, ½ teaspoon **salt**, ¼ teaspoon freshly ground **pepper**

Filler:
¾ cup **dry whole-wheat breadcrumbs** (*see Tip, page 94*)

Meat:
2 pounds **lean ground beef**



Topping:
3 tablespoons **ketchup**

Per serving: 205 calories, 9 g fat (3 g sat, 4 g mono), 74 mg cholesterol, 10 g carbohydrate, 1 g added sugars, 19 g protein, 2 g fiber, 328 mg sodium, 375 mg potassium. **Nutrition bonus:** Zinc (30% daily value), Vitamin C (27% dv), Iron (15% dv).

Cranberry-Turkey Meatloaf

h×w h♥h

Vegetables:
2 large **leeks**, whites and light green parts only (rinsed well) and 4 large stalks **celery**, each cut into 2-inch pieces

Flavorings:
½ cup **dried cranberries**, 2 tablespoons chopped fresh **sage** (or 2 teaspoons dried), ½ teaspoon **salt**, ¼ teaspoon freshly ground **pepper**

Filler: ¾ cup **cooked bulgur** (*see Tip, page 94*)

Meat:
2 pounds 93% lean **ground turkey**

Topping:
½ cup canned **cranberry sauce**

Per serving: 206 calories, 8 g fat (2 g sat, 1 g mono), 71 mg cholesterol, 16 g carbohydrate, 9 g added sugars, 19 g protein, 2 g fiber, 216 mg sodium, 384 mg potassium

Hoisin-Ginger Meatloaf

h×w h♥h

Vegetables:
1 large **red bell pepper** (cut into 2-inch pieces), 8 ounces **shiitake mushroom caps** (halved), 4 **scallion whites** (greens reserved), one 8-ounce can **water chestnuts** (drained), 1-inch piece **fresh ginger** (peeled)

Flavorings:
2 chopped **scallion greens**, 2 tablespoons **hoisin sauce** (*see Tip, page 94*), ¼ teaspoon **salt**

Filler:
¾ cup **cooked brown rice** (*see Tip, page 94*)

Meat:
1½ pounds **ground turkey**, 8 ounces **ground pork**

Topping:
3 tablespoons **hoisin sauce**
Garnish:
2 **scallion greens** (sliced)

Per serving: 194 calories, 8 g fat (2 g sat, 1 g mono), 71 mg cholesterol, 12 g carbohydrate, 2 g added sugars, 20 g protein, 2 g fiber, 267 mg sodium, 370 mg potassium. **Nutrition bonus:** Vitamin C (37% daily value)

Bacon Cheeseburger Meatloaf

h×w

Vegetables:
1 large **onion** (cut into 2-inch pieces), 8 ounces **mushrooms** (halved), 2 cloves **garlic** (peeled)

Flavorings:
2 strips finely chopped **bacon**, ¼ cup **dill pickle relish**, 3 tablespoons **ketchup**, 1 tablespoon **Worcestershire sauce**

Filler:
¾ cup **fresh whole-wheat breadcrumbs** (*see Tip, page 94*)

Meat:
2 pounds **lean ground beef**

Topping:
2 tablespoons **ketchup**, 2 strips **bacon**, ½ cup shredded **Cheddar cheese**

Per serving: 225 calories, 12 g fat (5 g sat, 5 g mono), 83 mg cholesterol, 6 g carbohydrate, 1 g added sugars, 22 g protein, 1 g fiber, 310 mg sodium, 369 mg potassium. **Nutrition bonus:** Zinc (33% daily value).

Reuben Meatloaf

h×w

Vegetables:
1 large **onion** and 1 large **carrot** (peeled), each cut into 2-inch pieces

Flavorings
2 cups **sauerkraut** (drained and squeezed dry), 1 cup diced **Swiss cheese**, 2 tablespoons **ketchup**, 1 tablespoon **caraway seeds**, ¼ teaspoon **salt**

Filler
¾ cup **fresh bread-crumbs**, preferably from Jewish rye bread (*see Tip, page 94*)

Meat
2 pounds **lean ground beef**

Topping Mix 3 tablespoons **low-fat mayonnaise** with 2 tablespoons ketchup
Garnish
½ cup chopped **dill pickles**

Per serving: 246 calories, 13 g fat (5 g sat, 5 g mono), 85 mg cholesterol, 9 g carbohydrate, 1 g added sugars, 22 g protein, 2 g fiber, 516 mg sodium, 349 mg potassium. **Nutrition bonus:** Zinc (34% daily value), Vitamin A (29% dv), Iron (19% dv)

The Skinny Cookie

f ever there was a perfect time of year for these del cate, crisp and de icious lemon thins t is right now. Not only is it c true season, it s also New Year s resolutions season, when many of us are trying to eat better and get in shape. So a lemon cookie that rings in at just 60 calories ap ece fits the season like a warm, snug wool glove.

Lemon Thins

45

Makes: 2½ dozen cookies
Active time: 30 minutes **Total:** 45 minutes
To make ahead: Store in an airtight container for up to 3 days.

- 1¼ cups whole-wheat pastry flour *or* all-purpose flour
- ⅓ cup cornstarch
- 1½ teaspoons baking powder
- ¼ teaspoon salt
- ¾ cup sugar, divided
- 2 tablespoons butter, softened
- 2 tablespoons canola oil
- 1 large egg white
- 1½ teaspoons freshly grated lemon zest
- 1 teaspoon vanilla extract
- 3 tablespoons lemon juice

Whole-wheat pastry flour adds heart-healthy fiber and nutrients. Look for it in well-stocked supermarkets or natural-foods stores.

Replacing some of the butter with canola oil cuts the saturated fat.

1. Preheat oven to 350°F. Coat 2 baking sheets with cooking spray.
2. Whisk flour, cornstarch, baking powder and salt in a mixing bowl. Beat ½ cup sugar, butter and oil in another mixing bowl with an electric mixer on medium speed until fluffy. Add egg white, lemon zest and vanilla; beat until smooth. Beat in lemon juice. Add the dry ingredients to the wet ingredients and fold in with a rubber spatula just until combined.
3. Drop the dough by teaspoonfuls 2 inches apart onto the prepared baking sheets. Place the remaining ¼ cup sugar in a saucer. Coat the bottom of a wide-bottomed glass with cooking spray and dip it in the sugar. Flatten the dough with the glass into 2½-inch circles, dipping the glass in the sugar each time.
4. Bake the cookies until they are just starting to brown around the edges, 8 to 10 minutes. Transfer to a flat surface (not a rack) to crisp.

Per cookie: 60 calories; 2 g fat (1 g sat, 1 g mono); 2 mg cholesterol; 11 g carbohydrate; 5 g added sugars; 1 g protein; 0 g fiber; 46 mg sodium; 10 mg potassium

Just 60 calories means this is a treat you can have even if you're dieting!

I've noticed you frequently call for cooking spray in your recipes. Can I just use regular oil? Are the propellants in the can safe?

—D. Laine, Ithaca, NY

In the *EatingWell* Test Kitchen, we use cooking spray because it's a fast, no mess way to make a tiny bit of oil go a long way so we can keep calories in check. Calorie for calorie, cooking spray is similar to other oils. Spraying for 1 second (enough to coat a large skillet) is about 9 calories; ¼ teaspoon canola oil is 10 calories and would be just enough to very thinly coat a skillet.

In addition to using cooking spray to quickly coat a pan with a little oil, we also use it to coat breaded foods like chicken and fish for "oven-frying." The oiled breading gives a deep-fried crunch with a fraction of the calories and fat compared to deep-frying.

Cooking sprays do contain propellants to push the oil out of the can, but the propellants are on the U.S. Food and Drug Administration's "Generally Recognized As Safe" (GRAS) list and considered safe to consume. Although the propellants are hydrocarbons, they're "not generally thought of as a major contributor to global warming," according to David D. Doniger, policy director of the Natural Resources Defense Council's (NRDC) Climate and Clean Air Program. Still, if you want an alternative, you can use a manual pump oil spray bottle.

Aerosol cans are recyclable as long as they are empty and puncture-free. Check with your local waste service for specifics.

Pour on the sweetness.

All-natural liquid sweetener
Made from the Blue Agave plant
Bake, Cook or Pour
Perfect sweetening, with a low-glycemic index

the Real Way to do Sweet!

Find our **Agave Berry Breakfast Syrup** recipe at **dominoagave.com**

test kitchen tips & notes

Make your own fresh breadcrumbs (pages 44, 74, 83, 91): Trim crusts from whole-wheat bread. Tear bread into pieces and process in a food processor until coarse (or fine) crumbs form. One slice of bread makes about ½ cup fresh crumbs. For **dry breadcrumbs,** spread the fresh crumbs on a baking sheet and bake at 250°F until crispy, about 15 minutes. One slice of fresh bread makes about ⅓ cup dry crumbs. For store-bought **coarse dry breadcrumbs,** we like Ian's brand labeled "Panko bread crumbs." Find them at well-stocked supermarkets and natural-foods stores.

Cook brown rice perfectly (page 91): Use a pan with a tight-fitting lid, cook on your coolest (or simmer) burner and simmer the rice at the "lowest bubble." One cup dry rice, cooked with 2¼ cups water, yields about 3 cups cooked rice. If you want to make a smaller batch (starting with less than 1 cup dry), we've found that smaller volumes of whole-grain rice are sometimes done in as little as 30 minutes and burn when cooked for the full recommended time of 50 minutes. Start checking a smaller batch after 30 minutes to make sure it doesn't burn.

Try whole-grain bulgur (page 91)—parboiled cracked, dried wheat berries—as a filler for things like meatloaf and burgers or as the base for salads and side dishes. (Don't confuse bulgur with cracked wheat, which is simply that—cracked wheat.) To cook, combine one part bulgur with two parts boiling hot water in a mixing bowl. Soak until softened, about 30 minutes. Drain if necessary. Look for bulgur in the natural-foods section of large supermarkets, near other grains.

Buy shrimp (pages 25, 38, 64) by the "number per pound" (e.g., 21-25 count) your recipe specifies, rather than the general "small," "medium" or "extra large" sizes, to be sure you're getting the size you want. For sustainable shrimp, look for fresh (or frozen) shrimp certified by an independent agency, such as the Marine Stewardship Council. If you can't find certified shrimp, choose wild-caught shrimp from North America—it's more likely to be sustainably caught.

Bring an egg to room temperature (page 46) by either setting it out on the counter for 15 minutes or submerging it (in the shell) in a bowl of lukewarm (not hot) water for 5 minutes.

Look for hoisin sauce (pages 25, 91), a thick, dark brown, spicy-sweet sauce made from soybeans and a complex mix of spices, in the Asian section of most supermarkets. Try it in stir fries and dipping sauces.

Special Thanks: TexaSweet grapefruit, *texasweet.com* (pages 37-40); cocktail napkins (page 67) from *tablecartonline.com*; wooden spoon (page 68) from *maudewoods.com*; Jardine de Chrome Kush, Agora bowl and plate (page 69) from *gearys.com*; All-Clad (pages 72-73, 90), *allclad.com*; Le Creuset (page 90), *corp.lecreuset.com*.

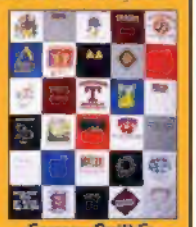
WIN A SOUP POT: Daily Sweepstakes Official Rules (page 4)

No purchase necessary to enter or win. Subject to Official Rules and entry at *win.betterrecipes.com*. There will be one Daily Giveaway Sweepstakes per day. Entries for each daily sweepstakes must be received by 11:59 p.m., EST. Open to legal residents of the 50 United States, and the District of Columbia, 21 years or older. One entry per e-mail address per day. Online entry only. Void where prohibited. Sponsor: Meredith Corporation.

T-shirt Quilts

We make your T-shirts into a quilt.

As Seen On:
Today Show
Real Simple
Rachael Ray
ESPN



- 100% Quilted
- Outstanding Quality
- Made from your T-shirts
- Great Prices!

800-880-8534 Campus Quilt Co.

www.CampusQuilt.com

Call today for $10 off!

Publish Your Cookbook

Raise $500 – $50,000

Cookbooks are proven fundraisers and perfect keepsakes for your church, school, family, business, or organization. We make it profitable and fun!

- Publish for as low as $2.05 per book
- FREE features and options to customize
- Online system, sales guarantee, and more

Morris Press Cookbooks

www.morriscookbooks.com

Call for a FREE Cookbook Kit.

800-445-6621 ext. EW1

Slipcovers Custom & Ready Made

Sofa & Chairs
Day Beds
Ottomans
Cushions
Dining Chair

Made to your size in just 7 days!

Easy Ordering & Price Quotes online!

Use promo code SLC10 and save 10%

Free fabric samples! Call 888-405-4758

www.SlipcoverShop.com

Curly hair?

Control frizz and define curls. Perfect for busy moms. Work through clean wet hair and air dry. The result frizz-free, soft curls with no sticky residue.

Available in select stores and on-line at www.mixedchicks.net

CustomInk

Design T-shirts Online

Create Amazing Shirts!

Make custom shirts for your group with our fun & easy Design Lab. Always FREE shipping and FREE design help.

SAVE $10 ON YOUR ORDER OF 6 OR MORE SHIRTS

Use Voucher Code: eatwell2 *Offer expires 4/30/13*

customink.com/eatwell | 855-644-4328

WALL WORDS

No husband has ever been shot while doing the dishes.

Easy-to-apply vinyl rub-on transfers for walls and mirrors! Trees, vines, words and animals. Preview your phrase, check the lengths, colors & fonts before buying at wallwords.com

25% Discount online, enter 11166, FREE Catalog 888 421-6683

"One Click" BUTTER CUTTER

A Great Idea! A Great Gift!

buttercutter.com

Canadian School of Natural Nutrition

TEACHING THE MEDICINE OF THE FUTURE

DISTANCE EDUCATION
Natural Nutrition Diploma Program
R.H.N.™ Designation

NANP Approved
www.nanp.org
1-800-328-0743
www.canadianschool.com

DISTANCE EDUCATION

Solid Copper Heat Diffusers & Defroster Plates

Even Heating - No Hot Spots

Fantastic as a Defroster Plate!

They Really Work because - Copper conducts heat better

www.BellaCopper.com • (805) 218-3241

FORGET WALLPAPER

Precision tool prints beautiful multi-color "wallpaper" directly on walls. It's fun and easy.

www.ROLLERWALL.com

Train at home to

Work at Home

Be a Medical Coding & Billing Specialist

Earn up to $40,000 a year!*

Train at home in as little as 4 months for this exciting, money-making career. Work for doctors, hospitals or clinics, in a medical office or from home as your experience and skills increase. Since each and every medical procedure must be coded and billed, there's plenty of work available for well-trained Medical Coding & Billing Specialists. Get FREE facts on our nationally accredited program.

Get started toward your new career today!

Call 1-800-388-8765 Dept. EWMB2A13 or mail this ad

www.uscieducation.com/EWM13

Name _____ Age _____

Address _____ Apt _____

City, State, Zip _____

E-mail _____ Phone _____

DETC

U.S. Career Institute®

2001 Lowe St., Dept. EWMB2A13, Fort Collins, CO 80525

Accredited • Affordable • Approved

Celebrating over 30 years of education excellence!

**with experience, based on figures from U.S. Dept. of Labor's BLS website*

BBB ACCREDITED BUSINESS A+ Rating

GB013

What I Know

BY DIANE GOODMAN

I met Edith two years ago when her daughter Ruthie hired me to cater her 30th birthday dinner. It was to be at her mother's house and Ruthie had said, "Don't be offended if my mother doesn't seem appreciative. She's a little... gruff. And she doesn't like people cooking in her house." *Now you tell me?*

When I rang the doorbell, Edith called out, "Who's there?" It was 3:00 and Ruthie wouldn't arrive until 5:00, but I thought her mother would be expecting me. I said, "The caterer?" as if I didn't know who I was.

I had imagined a big, intimidating woman, but what I saw was the reason I was there: Edith was ill. She was not old, maybe in her late fifties, but she was tiny and bent, thin and bird-boned. Her fingers on both hands were gnarled nearly into fists. She didn't invite me in.

"I hope you brought your own pans because you're not using mine," she said. "And what are you making anyway?" I stood on the porch and told her the whole menu, including her own Braised Chicken; Ruthie had given me her mother's recipe.

"That's Ruth's favorite dish. I invented it. You don't know how to make that," she snarled.

I had all the ingredients it required. I knew how to braise. But I said, "I'm really sorry, Mrs. Kassenbaum. I know this is intrusive, but..."

"You don't know anything," she said.

I knew one thing: I was in for a long night.

Edith stepped aside and then hobbled behind me as I made my way to her kitchen. Her breath was short, but I could hear her swearing under it. She sat down at her table, glowering while I unpacked the ingredients.

Edith said, "Are those leeks? Did you take the sand out?"

I had. Of course I had. I almost said as much.

"Don't you know anything? You have to rinse the sand out of leeks," she said again, but this time in a quieter voice. I thought maybe her fury had exhausted her, but when I turned to answer, she was crying. She was so hunched over her face was practically on her knees. I walked toward her and when she didn't react, I knelt down and put my hand on her back.

She tried to shake me off. Edith didn't trust me. She didn't know me. She didn't even know my name. I was a stranger in her home, about to cook her recipe for her family. In her own kitchen.

"What can I do?" I asked. "How can I make this easier?"

She said, "You? You're making everything worse. It's my daughter's birthday. I make the Braised Chicken for her every year. Almost 30 years. Who are you? I don't know what you're doing here!"

But she did. Edith's hands were so deformed from her illness that she could no longer cook. She didn't know what she would lose next.

"I understand," I said.

She said, "What? You understand? What do you know?"

I knew I was petrified and didn't want to do anything else to upset her, especially not being able to make her dish exactly the way she did.

"I'm sorry," I said. "I don't know... how do you make your Braised Chicken? Can you walk me through it?"

And out of my fear came the fix. Edith sat up and used her twisted hand to gesture me back to the stove. Then she walked me through every step of her recipe until it was simmering and the house smelled delicious. I covered it and sat down with her at the table. She looked completely spent. But she was smiling.

"Can I get you something?" I asked. "Water? Tea?"

"Didn't you bring any wine?"

* * *

Edith is confined to a wheelchair now and she rolls herself into her bedroom; I follow, carrying two glasses of Merlot. Tonight we are cooking her Beef Stroganoff and she'll walk me through it, as she has for hundreds of meals in the last two years. We clink glasses, then drink.

"So go pick out my clothes," she says.

I select a lilac dress that matches the table linen and the tulips. Ruthie and her dad will be home soon. Edith does not leave her house anymore.

She lets me undress and then dress her. She lets me comb her hair, apply some lipstick. She tells me where to find her pearl earrings and I put them in her ears while she finishes her wine.

"You look beautiful," I tell her.

"What do you know?" she says. But she's smiling.

Diane Goodman teaches, caters and writes in Phoenix, AZ.

"What do you know?" she said. I knew I was petrified and didn't want to do anything else to upset her, especially not being able to make her dish exactly the way she did.

CATHY GENDRON

EATINGWELL (ISSN 1048-1508, February 2013, Volume XII, No. 1, is published bimonthly in February, April, June, August, October and December by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50309-3023. Periodicals postage paid at Des Moines, IA, and at additional mailing offices. Subscription prices: $24.95 per year in the U.S., $29.95 (U.S. dollars) in Canada, $34.95 (U.S. dollars) overseas. POSTMASTER: Send all UAA to CFS. See DMM 707.4.12.5; NON-POSTAL AND MILITARY FACILITIES: send address corrections to EATINGWELL, PO. Box 37508, Boone, IA 50037-0508. Subscription prices: $24.95 per year in the U.S., $29.95 (U.S. dollars) in Canada, $34.95 (U.S. dollars) overseas. POSTMASTER: Send all UAA to CFS. See DMM 707.4.12.5; NON-POSTAL AND MILITARY FACILITIES: send address corrections to EATINGWELL, PO. Box 37508, Boone, IA 50037-0508. In Canada, mailed under Publications Mail Sales Product Agreement No. 40026023. Canadian BN #2949 2967 RT. Return undeliverable Canadian addresses to EATINGWELL, 2835 Kew Dr. Windsor ON, N8T 3B7. © Meredith Corporation 2012. All rights reserved. Printed in the U.S.A.

The flour that will

CHANGE YOUR MIND ABOUT FLOUR

If you want breads that rise higher, cakes that are moister and pie crusts that are flakier, then the brand of flour you choose definitely matters.

Start at the Heart

Only the innermost heart of the wheat berry makes it into our all-purpose flour, leaving the lightest color and richest, gluten-producing protein.

Grown in the United States

We use only wheat grown by American farmers. Meet some who are as picky as we are in our online videos.

Consistently Delicious Baking

No surprises with our flour because the quality and consistency of the protein are always just right.

We're dedicated to the PURE JOY of BAKING!®

Read our blogs, start a discussion and find tested recipes on our website

KingArthurFlour.com
recipes, baking tips and more

100% EMPLOYEE OWNED. COMMITTED TO QUALITY.

© 2012 King Arthur Flour

"We recently bought some land in northern Minnesota and the county asked us what we'd like to name the new road entering the property. Since we're on our sixth Subaru, what else could we call it but Outback Road? The sign is so popular, it's already been stolen!" – Lindsay S., Ely, MN. Love. It's what makes a Subaru, a Subaru.

SUBARU
Confidence in Motion

Tell your story at subaru.com/dearsubaru